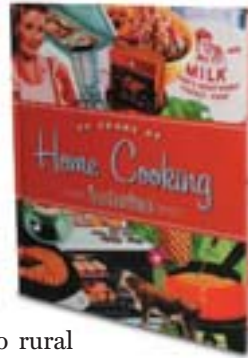


Home on the (Electric) Range

BY SHANNON OELRICH Can you imagine what it was like to prepare a meal before electricity? Curing and canning your food. Carrying water from the well. Stoking up the fire in a wood-burning stove. All these tasks and more were made immeasurably easier by electricity, brought to rural Texas by electric cooperatives. Our new cookbook, *60 Years of Home Cooking*, explores the ways cooking electrically changed how and what we eat.

In it, you'll find more than 600 recipes drawn from 60 years of *Texas Co-op Power's* archives, plus fun food timelines and short articles from the pages of the magazine. The book is divided by decade, from the 1940s through 1990s. Retro collages, historical photographs and readers' remembrances bring each decade to life.

The recipes on these pages will give you a little taste of the great recipes you'll discover, or re-discover, in the cookbook.



1950s: HOORAY FOR MECHANICAL SERVANTS

For most American families, the Fifties were a time of plenty. Unlike children of the Forties, who had to live through rationing and shortages, children of the Fifties grew up expecting meat, starch and vegetables with every meal, plus a dessert like this fluffy white Bonnie Butter Cake to boot.

Labor-saving devices, both mechanical and culinary, made chores easier than ever before. As we wrote in the March 1950 issue of the magazine, "The hand that rocks the cradle now runs the washing machine, dishwasher, vacuum cleaner, sewing machine and an increasing number of other mechanical servants."

BONNIE BUTTER CAKE

- $\frac{2}{3}$ cup soft butter
- $1\frac{3}{4}$ cups sugar
- 2 eggs
- $1\frac{1}{2}$ teaspoons vanilla
- 3 cups cake flour
- $2\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon salt
- $1\frac{1}{4}$ cups milk

Beat butter, sugar, eggs and vanilla 5 minutes at high speed in mixer. Sift flour, baking powder and salt. Add in four additions alternately with milk. Start and end with dry ingredients. Blend on low speed until smooth. Bake 30 to 35 minutes in two 9-inch layer pans (greased and floured) at 350 degrees. Frost with Fluffy Marshmallow Icing and sprinkle with coconut.

FLUFFY MARSHMALLOW ICING

- 1 cup sugar
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ teaspoon cream of tartar
- 2 egg whites
- 8 large marshmallows
- 1 teaspoon vanilla
- 1 can flaked coconut

Combine sugar, water and cream of tartar in saucepan. Boil rapidly until syrup spins a 6- to 8-inch thread. While syrup cooks, beat egg whites stiff. As soon as syrup threads, stir in marshmallows until dissolved. Pour syrup over egg whites. Add vanilla. Blend well.



1950s:
BONNIE BUTTER CAKE

WILL VAN OVERBEEK

RECIPE ROUNDUP



WILL VAN OVERBEEK

1960s: CALM, COOL COOKOUT

1960s: THE BARBECUE YEARS

Barbecue was a popular topic in the Sixties, perhaps mirroring those meals served at the “Texas White House.” President Lyndon Johnson invited countless world leaders to his Hill Country ranch to sample Texas hospitality and barbecue.

As we noted in the July 1960 issue, Dad usually did the outdoor cooking, though Mom was expected to prepare the rest of the meal. She marinated the meat, cut the vegetables, and prepared the side dishes. We wrote: “The beauty of outdoor cooking is that most of the meal can be prepared in advance. This gives the homemaker a chance to relax and freshen up before the real excitement begins. With everything laid out in an organized manner, any man would love to take over the actual tending of the barbecue. Of course, he’ll brag about what a fine chef he is. Let him. It’s his privilege. Besides, this gives you time for those finishing touches that really ‘make’ a calm, cool cookout.”

TEXAS BARBECUE SAUCE

- 1 medium-sized onion, chopped
- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 teaspoon salt
- 1/4 teaspoon chili powder
- 3 tablespoons Worcestershire sauce
- 1/4 cup vinegar
- 3/4 cup condensed tomato soup
- 1/2 cup ketchup
- 1/2 cup water
- Cayenne pepper to taste

Mix together all ingredients and simmer for 15 minutes. If too thick, add small amount of water. Sufficient for two medium fryers, pieced.

CALIFORNIA BARBECUE SAUCE

- 1/2 cup honey
- 2/3 cup soy sauce
- 2/3 cup ketchup
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 1/2 teaspoon Tabasco sauce
- 1 clove garlic, finely mashed
- 1 teaspoon salt
- 1 cup orange juice

- 1 cup wine vinegar
- Combine ingredients.

KIDNEY BEAN SALAD

- 2 cups canned kidney beans
- 1/2 cup diced pickles (dill or sweet)
- 1 medium onion, chopped
- 3 hard-cooked eggs, sliced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup mayonnaise

Drain beans well. Mix together beans, pickles, onion, eggs and seasonings. Gently blend in mayonnaise. Serves 4 to 6.

PINEAPPLE COLESLAW

- 2 1/2 cups finely shredded cabbage
- 1 teaspoon salt
- 3 tablespoons mayonnaise
- 1/4 cup milk
- 1 small can crushed pineapple
- Paprika

Sprinkle salt over cabbage. Combine mayonnaise and milk; pour over cabbage. Drain pineapple and fold into mixture. Toss with fork to blend. Chill. Before serving, sprinkle paprika over top. Serves 4.

CORED APPLE RINGS

- 4 large apples
- 1/2 cup light brown sugar
- 1/4 cup melted butter

Peel and core apples, slice in rings and steam 5 minutes in saucepan. Drain well and arrange in foil-lined rotisserie pan. Sprinkle with brown sugar and pour melted butter over top. Place under broiler, allowing to brown slowly.

1980s: WHERE'S THE BEEF?

Do you remember Wendy's spokesperson Clara Peller, the cantankerous octogenarian who promoted hamburgers with the contagious catch-phrase "Where's the beef?" It echoed throughout the country in the mid-Eighties, even as Americans chose to eat less and less red meat.

This health-conscious decade brought lighter dishes to the pages of *Texas Co-op Power*, including brunch favorites such as this Appetizer Quiche and Seven-Layer Salad. In fact, brunch emerged as a fashionable trend in the Eighties, whether served after church on Sundays or as a family get-together on holidays. As we wrote in the January 1987 issue: "Hostesses enjoy the relaxed atmosphere and have a wide assortment of foods from which to build a menu. Guests enjoy the extra time to sleep late or socialize after church."



**1980s:
APPETIZER QUICHE
& SEVEN-LAYER SALAD**

WILL VAN OVERBEEK

APPETIZER QUICHE

- 1 unbaked 9-inch pie shell
- 1 package (10 ounces) frozen chopped spinach, thawed and well-drained
- 2 cups (8 ounces) shredded provolone cheese
- 3 tablespoons flour
- 1/4 cup chopped green onion
- 1 1/4 cups half-and-half
- 3 eggs, beaten
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Preheat oven to 375 degrees. Squeeze handfuls of spinach to remove excess water. Separate clumps and place between layers of paper towels; pat dry. Combine cheese, spinach and flour; mix well. Place cheese mixture in bottom of pie shell. Sprinkle green onion over cheese mixture. Lightly whisk together cream and eggs; pour over cheese. Sprinkle with salt and pepper. Bake 40 to 50 minutes, or until a knife inserted near the center comes out clean. Let stand 10 minutes before serving warm as an appetizer. Cut into 16 pieces or thin wedges.

RECIPE CONTEST

One sure way to stir up dinner-table debate is to discuss stuffing ... or do you call it dressing? Some families have to make two kinds for the holiday table just to keep the peace. Do you use stale white bread or cornbread? Do you include nuts, oysters, sausage or some other secret ingredient? Send your favorite **STUFFING** or **DRESSING** recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704.

You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org.

Please include your name, address and phone number, as well as the name of your electric co-op. The deadline for entries in the November recipe contest is August 10. The top winner will receive a tin filled with Pioneer products. Runners-up will also receive a prize.



SEVEN-LAYER SALAD

- 1/2 head iceberg lettuce, torn into bite-size pieces
- 2 bunches green onions with tops, chopped
- 5 ribs celery, chopped
- 1 package (10 ounces) frozen green peas, cooked and cooled
- 3 carrots, sliced
- 2 cups mayonnaise
- 2 cups Cheddar cheese
- Croutons

To present this salad, serve in a clear glass bowl. Layer vegetables in order, topped with mayonnaise, so all sides are sealed. Spread grated cheese on top. When ready to serve, sprinkle croutons on top. This salad is best when made a day ahead.