

□ **Queen Elizabeth Cake** - the Queen decreed that this recipe may only be given away on the understanding that the recipient gives a donation to a charity.

Pour 1 cup boiling water over 1 cup chopped dates and 1 teaspoon baking soda. Let stand while the following is mixed:

1 cup sugar	1 ½ cups flour
¼ cup margarine	1 teaspoon baking powder
1 egg	1/3 teaspoon salt
1 teaspoon vanilla	1/3 cup chopped dates

Cream margarine and sugar. Add dry ingredients, then beaten egg, vanilla, and then date mixture. Mix well. Pour into small bundt pan or similar size baking dish. Bake at 350 for 35 minutes.

Icing

5 tablespoons brown sugar
5 tablespoons cream
2 tablespoons butter or margarine

Boil together for 3 minutes and spread on cake. Sprinkle with coconut and chopped nuts. If icing is boiled longer it becomes a caramel icing. Very good!

Portuguese Sweet Bread

2 cups sugar	4 ½ cups flour
½ cup milk	1 Tsp. Salt
¼ lb. Butter	6 eggs

Dissolve 1 ½ envelopes yeast into ½ cup water and ½ tablespoon sugar.

Beat sugar and eggs together. Add flour, salt, butter, and milk. Add yeast mixture. Mix well and knead until dough is pliable and doesn't stick to the side of the bowl.

Let rise until double in size. Make into loaves or rolls. Let rise again until doubled in size. Back at 350 degrees for about 40 minutes or until lightly browned.

Yield: 3 small loaves or about two dozen rolls.

Hominy Chili (Vegetarian)

Prep time: 5 min.

Cooking time: 18 min.

2 tsp. Veg. Oil
2 tsp. Minced garlic
4 tsp. Chili powder
1 tsp. Ground cumin
1 can white hominy, drained
1 can red beans, drained
1 can diced tomatoes, no salt added; drained
1 can stewed tomatoes, no salt added; undrained and chopped.
¼ cup sour cream, low fat
1 oz. (or more) shredded sharp cheddar cheese, low fat
4 tsp. Fresh cilantro

Heat oil in large saucepan over medium heat. Add garlic, sauté 1 minute. Stir in next 5 ingredients. Bring to a boil. Reduce heat and simmer 15 min., uncovered. Spoon into 4 bowls. Top each serving with 1 Tbl. Sour cream, 1 Tbl. Cheese and 1 tsp cilantro—or as much as you want of each.

Note: use 14.5 or 15 ounce cans of beans and tomatoes. Hominy can be found in canned veggie section of store. Whole-kernel corn can be substituted but isn't as good.

Mielie Bread

2 cups biscuit mix
1 cup creamed corn
1 tablespoon sugar
1 egg
½ cup whole milk
2 ounces butter, melted

In large bowl, place biscuit mix, creamed corn, sugar. Add the egg and milk and stir just until combined. Preheat oven to 400 degrees. Grease a 9" baking pan. Place mielie meal mixture into the pan and coat with the melted butter. Bake for 20 minutes.

Rockin Moroccan Stew

Vegetable stew with sweet potatoes, chickpeas, and ginger. Serves 6.

2 tsp. olive oil
1 cup chopped onions
½ cup each: diced celery, chipped green bell pepper
1 clove garlic, minced
3 cups vegetable broth
3 cups peeled, cubed sweet potatoes
1 can (14.5 oz) tomatoes, drained and cut up
1 can (15 oz.) chickpeas, drained and rinsed
1 Tbsp. lemon juice
2 tsp. grated gingerroot
1 tsp. ground cumin
1 tsp. curry powder
1 tsp. ground coriander
1 tsp. chili powder
½ tsp. salt
¼ tsp. black pepper
¼ cup raisins
2 Tbls. light peanut butter
2 Tbsp. chopped, fresh cilantro

Heat olive oil in large, non-stick saucepan over medium-high heat.

Add onions, celery, green pepper, and garlic.

Cook and stir until vegetables begin to soften, about 3 minutes.

Add all remaining ingredients, except raisins, peanut butter and cilantro.

Bring to a boil. Reduce heat to low and simmer, covered, for 20 minutes.

Stir in raisins, peanut butter and cilantro. Mix well. Simmer for 5 more minutes.

Serve hot.

Pumpkin-Coconut Bisque. This rich, silky soup has a touch of spice. Serves 6.

2 tablespoons (1/4 stick) butter
1 cup chopped onion
3 garlic cloves, minced
3 cups canned solid pack pumpkin
2 cups canned low-salt chicken broth
2 teaspoons sugar
1/2 teaspoon ground allspice
1/2 teaspoon dried crushed red pepper
1 1/2 cups canned unsweetened coconut milk
ground nutmeg

Melt butter in heavy large pot over medium heat. Add onion and garlic. Saute until golden, about 10 minutes.

Add pumpkin, broth, sugar, allspice and crushed red pepper. Bring to boil.

Reduce heat. Cover and simmer until flavors blend, about 30 minutes.

Working in batches, puree soup in blender until smooth.

Return soup to pot. Bring soup to simmer, thinning with coconut milk to desired consistency. Season to taste with salt and pepper.

(Soup can be made 1 day ahead. Cover and chill. Rewarm soup before continuing.)

Ladle soup into bowls. Sprinkle with nutmeg and serve.