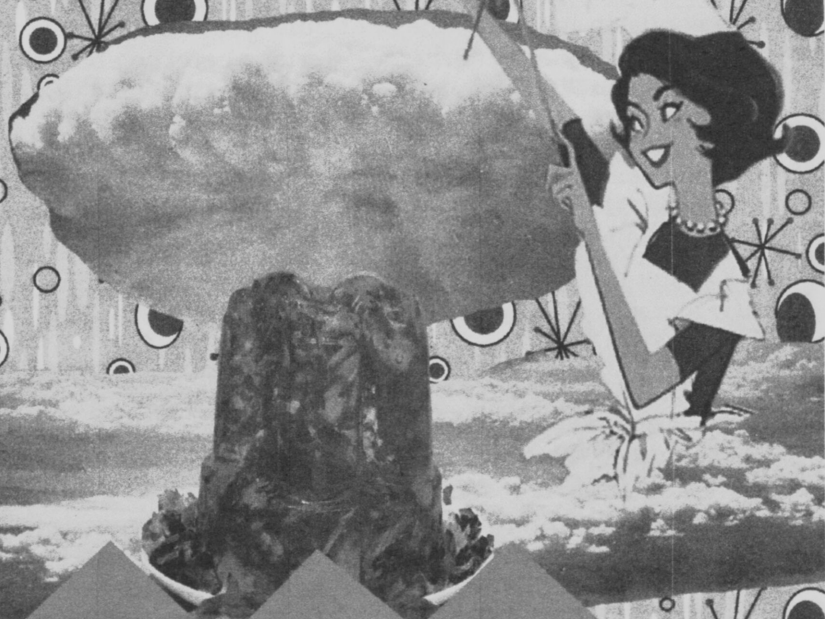


*Antasia*

PRESENTS

# Midwest Cookin'

THE ZINE



# POTLUCK

## Sampler

## WTF is MIDWEST COOKIN'?

One night in 2004, we were with a globe-trottin pal of ours at a British-themed pub in a certain Iowa college town, when our friend, who'd spent some years livin in the UK, said of the dish she was eatin:

"This tastes too good to be 'English'. It's not bland or gross enough."

She then described to us her experience with British food (spotted dick, bangers and mash, blood puddin) and German food (spaetzel, wieners, wursts), and we laughed (and gagged) and laughed some more.

But somethin about those hideous and hilariously named Anglo-Saxon dishes struck a chord of familiarity...

We then talked about our favorite regional foods of the United States: Deep South Soul Food; East Coast Italian; West Coast Asian Fusion; Southwestern Tex-Mex; New England Seafood.

We laughed at the realization that none of those are the foods of where we come from, the eats of the place we were raised, home to our extended families, the so-called "heartland" of our birth: the Midwest.

After ponderin it awhile, the light bulb went on: take two of the worst cuisines on the planet (British + German) and combine them with the miracle of post-WWII convenience foods and voila!

### You got yourself some MIDWEST COOKIN!

If you can find it at a Lutheran potluck, a PTA Family Nite, or on the table at Grandma's when you come home for Thanksgivin from that fancy college you're goin to out East, that's MIDWEST COOKIN!

If it's a "hot dish" made with Velveeta, ground beef, ham, taters, and/or a cream of soup (or three), that's MIDWEST COOKIN too!

If they say it's a "salad" but the only green things in it are olives and lime Jell-O, welp, that's MIDWEST COOKIN for sure!

Thus inspired, we combed through the culinary archives of our ancestors, amassin quite the collection of recipes from church and school cookbooks, handwritten index cards, and clippins outta vintage mid-century mags. Then as an art school project, we created a blog where we posted and wrote snarky commentary on the best and worst (mostly worst) recipes that represented MIDWEST COOKIN as we grew up lovin/hatin it.

This year marks our original blog's 15th anniversary (2008-09 RIP), so we decided to revive it as a 15-issue classic paper zine series, startin with a collection of greatest MIDWEST COOKIN hits (and a few misses).

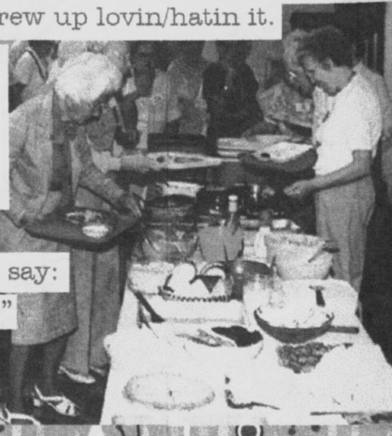
No fancy Internets needed!

Now, bon appetit, or as the Midwest natives say:


"Good drink, good meat, good Lord let's eat!"


♥ Antasia

March 2024



# Drinks & Or Dervys


Our first recipe comes, appropriately, from the First Lutheran Church cookbook of 1974 and even more fittin, was submitted by our own dear Granny Bert.  (may she not haunt us for usin this pic):

This is the appetizer you serve in the not-so-distant future when the only produce you can afford to buy (or that'll grow in our ruined landscape) is onions. 


**ONION PATTIES** (to impress comp'n'y, call these "Deconstructed Onion Rings")

Bert Mickle

**MIX:**

  
¾ C. flour  
2 tsp. baking powder  
½ tsp. salt  
2 T. corn meal




½ C. powdered milk (keep some in the cupboard, Add enough cold water for some in the bomb shelter) thick batter  
Add 2½ C. finely chopped onion 

Drop by teaspoons in deep fat in skillet. (how deep? an inch? a foot?) Flatten patties slightly as you turn them. Fry to golden brown.


(no cook time? no problem! when the smoke alarm starts blarin, they're done) Much easier to make than onion rings, very tasty.

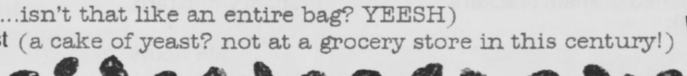
(a sure sign of Midwest Cookin: an assurance of deliciousness and/or ease. this has both!)

In our younger days, we were willin to try any drink that came our way.


But even our old Otis of Mayberry self woulda turned up a nose at this swill, and that self once sampled the bile-flavored concoction of dandelion wine. Submitted to the blog in 2009 by an anonymous "friend". 

**RAISIN WINE** (hey kids: make this when you don't have friends who look old enough to buy booze!)

Mrs. Gertrude Black (cheers?) 

4 lbs. raisins  
1 quart Welch's grape juice (fyi this is what they use in church for the teatotallers)  
4 lbs. sugar (...isn't that like an entire bag? YEESH)  
1/2 cake yeast (a cake of yeast? not at a grocery store in this century!)  
7 c. hot water 



Combine ingredients. Stir for 26 days. (pretty sure our arm will fall off after 2 hours of stirrin, let alone 624 hours of it.) Put in a jug (preferably marked 'XXX') and let yeast set on the bottom. Put in bottles (also marked 'XXX' or better yet, with a skull and crossbones) and put top on lightly. 

(that's it? like, is it drinkable right away or what? and if you put the top on more than "lightly", does it become a spewin geyser like when a pack of Mentos are dropped into a 2-liter of diet Coke? this sure sounds like the results would be dangerous and messy. and we're not just talkin about the recipe...)



You'd think with a name like HAMtasia, we'd be big fans of ham.

You'd be dead wrong, bub.

But though we personally abhor ham, it was our dearly departed Daddy's favorite food, so here's a pair of sickenin starters in his honor.

First, from Immanuel Lutheran Church's "Generations of Good Cookin":

### HAM LOGS WITH RAISIN SAUCE

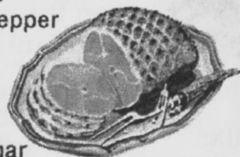
("Good"? we beg to differ!)

*Mildred Sinnwell*  
(a perfect name for a church lady!)

- 1 lb. ground ham
- 1/2 lb. ground pork
- 3/4 C. milk
- 1/2 C. oatmeal



- 1 egg
- 2 T. horseradish
- 1/2 tsp. salt & pepper



- RAISIN SAUCE:**
- 1 T. corn starch
  - 3/4 C. cold water
  - 2 T. lemon juice

- 2 T. vinegar
- 1/2 C. brown sugar
- 1/4 C. raisins (if you got any leftover from makin wine, use em up here!)

Combine all ingredients; mix well. Shape into logs about 2-inches long. Place into baking dish. Cover with raisin sauce. Bake at 350° for 40 to 45 minutes. For Raisin Sauce: Mix water and corn starch; blend well. Add remaining ingredients. Cook until mixture is smooth, stir continually. Pour over ham logs.

(for some reason when we try to picture what this dish looks like, we keep thinkin of "Whatever Happened to Baby Jane?!")



Part two of our Hamtacular Spectacular's from the 1974 First Lutheran Church cookbook. A pastor submitted this recipe, so if you've ever heard us use the expression "holy balls!" these are the balls we're referrin to.

And yes smartaleck, we realize that Ham Balls and Ham Logs are pretty much the same, but different meat strokes for different folks, alright?

### HAM BALLS



Pastor David Stewart

- 2 1/2 lbs. ground ham (good lawd
- 2 lbs. lean ground pork amighty, that's
- 1 lb. ground beef a lot of meat!)
- 3 beaten eggs
- 3 C. crushed graham crackers
- 2 C. milk

- SAUCE:**
- 1 C. brown sugar
  - 1/2 C. water, or pineapple juice (oh good, this is health food)
  - 1/2 C. vinegar
  - 1 tsp. dry mustard

350°

1 1/4 hours

Combine ham ball ingredients and mix well. Using 1/2 cup measure, form into approximately 25 balls. (be sure to warsh your hands after touchin your balls) Place in shallow baking dish and cover balls with the sauce. (uh...the ham balls, no?) You will need a large mixing bowl and a wooden paddle (like, an oar?) to mix all the meat ingredients. The butcher will grind the meat for you. (YECCH!)

(p.s. can you tell we're vegetarian?)

Now that you know how to make both of these hamalicious or dervs, what are you goin to serve at your next family gatherin or fancy cocktail party?

Why, a big ol platter of logs and balls of course, arranged just so!

We guarantee your guests will be delighted and/or horrified!

# Hot Dishes

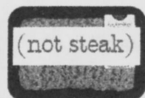
From the Bible of Midwest Cookin, the First Lutheran Church cookbook of Waterloo, IA, comes a recipe whose title makes us think of Mike Myers as Linda Richman in the old SNL "Coffee Talk" skit, sayin':

"Poor Man Steak is neither man nor steak. Discuss."



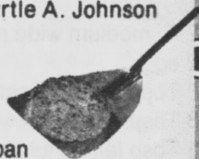
## POOR MAN STEAK

3 lbs. hamburger  
1 onion, chopped fine  
1 C. milk



1 C. dry bread crumbs  
Pepper

Myrtle A. Johnson



350°

1 hour

9x13" glass baking pan

Mix together and pat in cookie sheet. Cover with wax paper set in refrigerator overnight. (sic) Next day cut in serving pieces. (may we suggest usin fun cookie cutter shapes like Santa boots, unicorns, or dog bones?) Roll in flour and fry brown. Put in 9x13" glass baking dish. Cover with 3 cans of mushroom soup.

(betcha didn't see that last line comin. seems Myrtle left a crucial ingredient off the shoppin list. why? because any self-respectin mid-century Midwest housewife keeps at least 6 cans of cream of mushroom soup on hand in case of emergency potlucks or unexpected comp'ny droppin in!)

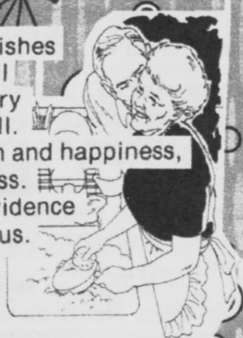
(by the way, we presume you bake this after pourin all that freakin soup on it, though that step is missin from the "how to" portion of the recipe. it does at least give a bake time and temperature though, so that's helpful.

Missin ingredients? Check. Vague directions? Check. Cream of soup? Triple check. Yup, that's Midwest Cookin!)

Disclaimer: we are not responsible if you end up needin a triple-bypass from eatin a log of fried hamburger drownin in cream of mushroom soup.

Here's a cutesy poem we've encountered in many a Midwest cookbook:

Thank God for dirty dishes  
They have a tale to tell  
While others go hungry  
We're eating very well.  
With home and health and happiness,  
I shouldn't want to fuss.  
For by this stack of evidence  
God's very good to us.



And here's our version, takin a guess at what the Anonymous housewife author of the poem was probly REALLY thinkin!

I hate your dirty dishes!  
Our counter they do soil  
While you sit readin newspapers  
And over them I toil!  
I cook and clean and keep the house  
But I will not complain;  
I'll simply take your fancy Scotch  
And dump it down the drain!



Often at Midwest Cookin we see the word 'delight' misspelled as 'DELITE', and it drives us nuts. This one gets the spellin right. Everythin else?

WRONG!

Submitted to the blog in 2008 by a mysterious fan who called herself Mrs. Tairy Greene, when we read it for the first time we literally puked and swallowed it. WHO would eat this? It's like a lunchroom dare.

It's like somethin they'd serve to torture Gitmo prisoners.

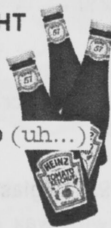
It's like, as one commenter said, "they started a recipe, went to turn the page and some pages were stuck together, so they ended on another recipe."

We could not agree more.

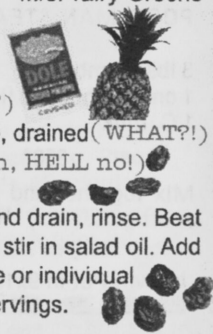
### NOODLE PUDDING DELIGHT

Mrs. Tairy Greene

- 2 C. medium wide noodles
- 2 eggs
- 3 Tbsp Heinz tomato ketchup (uh...)
- 3 Tbsp sugar (hmm...)
- 1 Tbsp lemon juice



- dash salt
- 1 tsp vanilla (eh?)
- 3 Tbsp salad oil (what?)
- 1 can crushed pineapple, drained (WHAT?!) (oh, HELL no!)



Heat oven to 400. Cook noodles in salted boiling water until tender and drain, rinse. Beat eggs with next 5 ingredients until well blended. Add drained noodles; stir in salad oil. Add pineapple and raisins; turn mixture into greased 1 1/2 quart casserole or individual casseroles. Bake 40-45 minutes or until set. Serve hot. Makes 6-8 servings.

(we finally realized where the "puddin" comes from. it's not that it has a box of Jell-O pudding in it. it's far worse than that. the coagulated ketchup-egg-pineapple-oil-raisin slop makes its OWN puddin.

lunch ladies of the world, we present your new Friday special!)

From "Generations of 'Good' Cookin" comes a recipe that CAN not be beat (if it's the End Times and you're stuck underground with nothin to eat but canned goods and your family's startin to look a mite cannibalistic)!

### 5-CAN CASSEROLE

Elvce Rosencraz

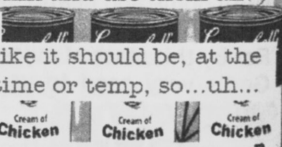
- 1 can cream of mushroom soup (or chicken)
- 1 small can boned chicken (or other meat or tuna) (a vegetarian? not in THIS bomb shelter!)
- 1 small can evaporated milk
- 1 can cream of chicken soup
- 1 can Chow Mein noodles



Mix into a greased casserole. Crush potato chips or corn flakes on top.

(uh, Elvce, honey, great name by the way, you didn't put either of those in the ingredients list. you said chow mein noodles. which are also crunchy. so which one do we choose? or do we go full Midwest Cookin and use them all?)

(wait a second. that's it? that's the end of the recipe? maybe it's just us, but ummmm...doesn't this seem like it should be, at the very least, heated up a smidge? but there's no bake time or temp, so...uh... like, should cream of chicken soup be eaten raw?



...oh dear. we think we're gonna barf...)

How dare you say these next two recipes' titles are generic!  
 Callin your casserole a HOT DISH shows that you are no-nonsense.

SO THERE.


Who needs fancy names when you're  
 just lookin to fix a DISH that is HOT?

From "Generations of 'Good' Cookin":



**HOT DISH** (if we use Martha Gooch macaroni,  
 will God strike us dead? askin for a friend)

Caroline Steinkraus

- |  |  |
|--|--|
| 1 box (2 C.) Creamettes macaroni<br>(uncooked) | 2 cans cream of mushroom soup  |
| 1 (4 oz.) pkg. dried beef (er...urrrp...)      | 2 C. milk  |
| 4 hard-cooked eggs (chopped)                   | 1/2 lb.  cheese |
|  | 1 onion  |



(in voice of  
 Snooty French Waiter:  
 'mbyut ehf cyurse!')

Combine in a 9x13-inch pan and let stand overnight (WHY?! in refrigerator.  
 Bake at 350° for 1 hour. Makes 10 servings.

(this is the kinda recipe a gal throws together at the 11th hour when she forgets  
 the Ladies' Circle is meetin tonight...and then has to submit to the church cookbook  
 when everybody lies and says it was delicious and they want a copy of it.)



From the 1972 cookbook "A Rainbow of Recipes from Roosevelt School":

**HOT DISH** (number 2)



- |                               |                        |
|-------------------------------|------------------------|
| Hamburger (how much?)         | 1 can cr. chicken soup |
| onions (doesn't say.)         | 1 can milk             |
| salt                          | 1 can vegetable soup   |
| pepper (how many? who knows?) | tater tots             |

Fry hamburger with onions, salt and pepper. After  
 it's done, add chicken soup, milk, vegetable soup,  
 put in baking dish. Sprinkle tater tots on top. Bake  
 1/2 hour to 45 minutes. (no oven temp, so your guess  
 is as good as ours)



Mrs. Donovan Nash

(the combination of ingredients here brings to mind the runoff you might see  
 if you hosed out a Dumpster on a 100-degree day. now THAT's a HOT DISH!)

As you can see, there's no shortage of cupboard-clearin, mish-mash,  
 hodge-podge, no-name casseroles you can toss in the oven at the last  
 minute in order to fulfill a HOT DISH obligation for your next potluck!



...and then there's this, the most depressin recipe we've ever seen.

In the future Mad Max hellscape, we'll probly all resort to eatin "food" like this "soup". But til then, who would actually eat this?

Or worse, serve it to their family?

We feel like callin Child Services on this recipe just for existin!

From an anonymous fan of the blog, who sent us this recipe back in the day, promptin us to ask: "You serious, Clark?"

**WIENER WATER SOUP** (smells like Chicago  
- the city, not the band)

Mrs. Gertrude Black  
(no wonder you used  
a pseudonym!)

1 pkg. wieners (wieners vs weiners: which is it?!)  
3 c. water

Combine wieners and water in a 2-quart saucepan. Bring to boil until wieners are cooked. Discard wieners. Serve soup. Serves 3.

(DISCARD perfectly good wieners?!? you've gotta be kiddin us!  
if you're so broke you'll resort to consumin the boil water but  
you're too high n mighty to eat the wieners, you deserve poverty!)

You know what you should do instead of DISCARDIN boiled wieners like some kind of millionaire? Put em in a Hot Dish where they belong!

This hurlicious dish comes to us from a friend of the grandma of a fan of ye olde blogge.

We imagine Mrs. Murawski cleanin out her fridge and pantry, tossin the ingredients into a casserole, throwin it in the oven, and sayin:

"I signed up to bring HOT DISH. It's HOT and it's in a DISH. What more do ya want?"



**HOT DIGGITY-HOT DISH** (we'd call it Hot Diggity-Food Poisonin) Helen Murawski

2 C. macaroni, cooked (pre-cooked to maximize sogginess in the final product)  
1 lb. frankfurters, cut into quarters (frankfurters, 1 C. shredded carrots  
1 can creamed celery soup as opposed 1/2 C. chopped onion (oooh -  
1 (8 oz.) tub sour cream (at room to wieners) 1/4 C. chopped green peppers an  
temperature)(that's askin for trouble) 1/2 tsp. dill weed (optional) vegetable)

(not quite seein the connection between flavors here...)

Prepare macaroni according to directions; drain. Preheat oven to 350. In large bowl, combine all ingredients and mix well. (that squishy sound would make us squeamish)  
Turn into greased 2-quart baking dish. (bibbidi-bobbidi-boo!) Cover and bake 30 to 35 minutes or until hot and bubbly. Makes 6 servings.



Pizza is our favorite food. We'll eat all pizza and all toppings, even pepperoni (but NO sausage or, god forbid, hamburger, aka the absolute worst topping).

We could eat pizza every day because pizza is different every time.

We make pizza at home a lot, and we've eaten pizza from any place you can think of, from pizzerias to malls to gas stations, makin us well-qualified to judge this recipe.

And we judge it completely unworthy of the good name of pizza. It's a hot dish minus the dish, its pizza-y quality comin only from it bein baked in a pizza pan instead of a proper casserole.

Why, it's an abomination that could only be more blasphemous if it were called Sloppy Joe Potato Jesus, and yet we unearthed it from a church cookbook, "Generations of Cookin" (the 'Good' is silent).

### SLOPPY JOE POTATO PIZZA

Marjorie Boehm

- 1 (32 oz.) bag frozen hash browns
- 1 (11 oz.) can cheddar cheese soup
- 1 egg
- 1 tsp. salt
- ½ tsp. pepper



- 8 oz. cheddar cheese (shredded)
- 1 lb. ground beef (worst. pizza. toppin. ever.)
- 1 (15½ oz.) can sandwich sauce for Sloppy Joe (has MANWICH sauce been cancelled yet?)
- 2 T. minced onion
- 2 T. sliced ripe olives (optional) it should be.)



To thaw potatoes quickly, place in sieve. Pour hot water over potatoes; drain well. In a large bowl, mix together hash browns, soup, egg, salt and pepper. Spread potato mixture over a large buttered pizza pan. Bake in a 450° oven for 20 to 25 minutes. Meanwhile saute ground beef and onions; drain fat. Stir in canned Sloppy Joe sandwich sauce and simmer 5 minutes. Sprinkle ¾ of cheese over baked potato crust. Spoon meat mixture over cheese and top with remaining cheese and olive slices. Bake 5 minutes longer. Makes 1 pizza.



(POTATOES + CHEESE SOUP + SLOPPY JOE MIX = NOT PIZZA)

(can you tell we hold a grudge against this recipe from our childhood?)

This casserole bills itself as Chinese, though we're hard pressed to find anythin actually "Chinese" about it. Topped with chow mein noodles, or includin water chestnuts, sure, we could be swayed. But they ain't here. Let's at least give the old gal props for not callin it "Oriental Bean Casserole" (really - just wait'll you get a load of issue #8, Midwest Cookin International, and its many approximations of ethnic cuisine!)

From the 1974 First Lutheran Church cookbook outta Waterloo, IA:

### CHINESE BEAN CASSEROLE



Erna Perry

- 1 can French cut beans
- 1 can wax beans, yellow (is there any other color of wax beans?)
- 1 can mushroom soup (it's not a hot dish without it!)
- 1 can French fried onions for topping

and if they're canned, they're more "sallow" than "yellow"

- 1 can bean sprouts (ohhhhh...betcha this is where the title comes from because, you know, only Chinese food uses bean sprouts)

350° ½ hour

Mix first 3 cans. Mix in the can of mushroom soup. Put in a greased baking dish, and bake ½ hour. Put onions on top the last 10 minutes.

(waitaminute...this is just green bean casserole, but with bean sprouts thrown in for no reason.

"Chinese", our Aunt Fanny!)

This fancily-pantsily titled recipe came to us from a Mrs. Betty Sanders via a friend of the old blog who (again) wished to remain anonymous.

(We used to wonder why folks submittin recipes to our blog never wanted to use their real names. Then Wiener/Weiner Water Soup landed in our inbox.)

Anyway, on first readin this one we said out loud, "For heaven's sake Betty, why frozen lemonade? That's a rather odd choice for marinade."

To which (in our head) Betty DRAPER replied, and in between drags off a cigarette said, "Who cares. I'm trapped in a loveless marriage under the repressive thumb of 1950's male chauvinism. You're lucky it's not marinated in Kool-Aid and whiskey."

At least the recipe name sounds French, so you can pretend you're Julia Child when tellin your dinner comp'ny what it is you've made.

### CHICKEN LEMONE

Mrs. Betty Sanders  
(Draper)

Boneless breast of chicken (1 full breast per person - 2 pieces)  
Frozen lemonade (1 can for 4-6 servings) (undiluted sugary frozen lemonade? hm.)  
Grated rind of 1 lemon (fancy! but what do we do with the lemon JUICE?)  
Salt, pepper in flour for dredging oh, a cocktail for Don. of course.)  
Oil (what kind? nevermind.  
we're lucky it's not baby oil, right Betts?)

Wash and pat dry chicken pieces. Place in a bowl. Lightly salt and pepper. Pour lemonade in a bowl and add to it the grated rind of lemon, stir to blend. Pour over chicken pieces.

Cover and marinate for at least 8 hours. (8 hours!? guess this is why you don't have a job, it literally takes all day to make dinner.)

Remove chicken from marinade and dredge with flour. Lightly brown in cookin oil (oh.) and place in a baking pan. Cover with marinade and bake for approximately 1 hour at 350 degrees. (try to not burn the house down in a rage.)

Should come out moist, tender, and delicious. (if you say so, Betty...)

Serve with (Minute)rice and salad and vegetable (just one) for a delicious meal.

(alright, already! we believe the lady doth say "delicious" too much!)

Corn. A staple of the Midwest diet, despite (or maybe because of) our bodies' inability to digest it.

Have you ever had BAD corn? Foul-tastin corn? Neither have we.

Corn is delicious by nature, so what kind of crazy ingredient could possibly be added to make it more delicious - so delicious that the corn's deliciousness is assured in the title of the recipe itself?

Oh. Sugar. Of course.

### DELICIOUS CORN

(from "Generations of [Good] Cookin" & submitted by No-Name Jones)

2 C. water

8 C. corn (use canned corn for extra flavorin!)



½ C. sugar

2 tsp. salt



Combine ingredients and simmer for 10 minutes. (congratulations...you just started a batch of homebrew Hi Fructose Corn Syrup. or maybe cornsqueezins?)  
Cool and put in freezer. (for how long does it have to stay frozen?)  
Ready to eat by just heating. what if, like Veruca Salt, WE WANT IT NOW!!!?)

# Cold Dishes

Welp, if this don't just beat all! Our first Cold Dish recipe, from the 1974 "Rainbow of Recipes from Roosevelt School" cookbook, not only has a title that hereby makes it the unofficial official recipe of this zine, it contains not one...not two...but **THREE** ingredients key to Midwest cuisine:

Kraft Macaroni & Cheese Dinner!



SPAM/Bologna!



Miracle Whip!



God, if only it were encased in a Jell-O mold!

## MIDWEST MACARONI SALAD

1 pkg Kraft Macaroni (& Cheese) Dinner

1 12 oz. can luncheon meat (i.e., SPAM) or 1/2 bologna cut in strips

1/2 c diced celery

1/4 c chopped green pepper

1/4 c chopped sweet pickle

2 T finely chopped onion

1/2 c Miracle Whip Salad (Dressin)

1/2 c shredded carrot (healthy!)

Add remaining ingredients (to the COOKED Mac & Cheese) mix lightly and chill.

Mrs. Lena Thomas

We hope you aren't eatin right now, and if you are, you might wanna put down that fork.

This recipe, from - you guessed it - "Generations of Good Cookin" makes us think the Midwest should have its own July 4th competitive eatin fal-de-ral.

Forget that lame Coney Island hot dog contest. We'd like to see Joey Chestnut take more than 3 bites of this...delightful...dish.

(blurp)

"Wait," you say, as it dawns on you what you're about to read.

"Beef...and...Jell-O? NOOOOOOOoooooo!"

Beef and Jell-O: yes.

## CORN BEEF SALAD

(no, not "corned" beef - "corn" beef)

1 large pkg. lemon Jello

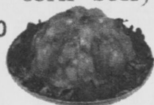
2 C. hot water

1 C. cold water

2 C. celery (chop fine) (we see nothin

2 T. vinegar

1 small green pepper



"fine" about this at all!)

4 boiled eggs (cut fine)

2 T. onion (grated)

1 can corned beef (flaked) (blurp)

1 C. mayonnaise (I use Miracle

Whip) (thanks for the hot tip, toots.

here's a tip for you: leave the parenthetical asides to us!)

Mix Jello in hot (boiling) water. Add cold water. After Jello starts to set, whip. Fold in the remaining ingredients. Add a little parsley on top (if desired.) (oh yes. the parsley makes all the difference)

Mary Wolf

Now's the time for

**JELL-O**  
SIL BINGOUS FLINGS

"Why?"

"Give me your hat."




"So I can puke in it!"

We find recipes for savory Jell-O molds to be as horrifying as the Stephen King clown who shares a name with this so-called salad.

(At least this one doesn't have meat in it, for crimeny sakes!)

Submitted by another anonymous friend of the blog, who claimed as its origin the 1977 cookbook\* from the Second Lutheran Church of Crawfordsville, IA (we're assumin their motto is "We're #2!").

**PENNYWISE SALAD** (we'd rather call it Horse-Apples Salad) Mrs. Harriet McAcorn

- 
- 
- |  |                                |
|--|--------------------------------|
| 1 box lemon, lime or lemon-lime Jell-O | 2 T. vinegar                   |
| 1 tsp. salt (the options are endless!) | 1 T. prepared horse-radish     |
| 1 C. boiling water                     | 3/4 C. finely shredded cabbage |
| 3/4 C. cold water                      | 3/4 C. diced apples            |
- 

Dissolve Jell-O and salt in boiling water. Add cold water, vinegar and horse-radish. Chill until thick. Fold in cabbage and apples. Pour into individual molds or a 1-quart mold. Chill until firm. Unmold on crisp greens. (i.e., iceberg lettuce) Serve with a creamy French dressing, if desired. (dump French dressin on Jell-O? we're queasy now, "This salad is economical in cost, but there's no shortage of flavor!" thanks for askin.)

\*not only did "Mrs. McAcorn" lift her recipe from a book we own called "The Joys of Jell-O", she straight up stole the "assurance of deliciousness" quote from it too. scandalous!

Cookbooks from churches, schools and other Midwest organizations ALWAYS have cutesy aphorisms and poems scattered throughout.

They're almost always written by 'Anonymous' or 'A Friend' or just have no one attributed at all, and we've often wondered about the authors and the origins of some of the sayins and verse.

This one's a typical maudlin ode to some time long past with fields devoid of trash and brooks clean enough to let your kids put their hands in.

#### PRESERVED CHILDREN

Take 1 large field  
1/2 dozen children  
2 or 3 small dogs  
Pinch of brook  
Some pebbles, flowers and  
sunshine

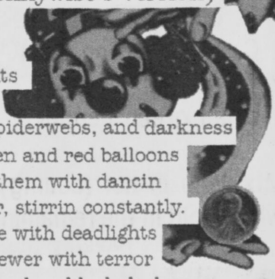
Mix children and dogs well together. Put them on the field, stirring constantly. (sic) Pour the brook over the pebbles. Sprinkle the field with flowers and spread over all... a deep blue sky. Bake in the sun. When ready, set away to cool in bathtub.

(without supervision?!?)

(the pairin with the above "salad" was a happy accident, by the way, inspirin us to write this:)

(kids under 13, move on to the next page)

#### Preserved Children (Pennywise's Version)



Take 1 large sewer  
1/2 dozen children  
2 or 3 small deadlights  
Pinch of terror  
Some red balloons, spiderwebs, and darkness

Mix children and red balloons and lead them with dancin to the sewer, stirrin constantly. Hypnotize with deadlights. Fill the sewer with terror and above all... a deep black darkness. When ready, wrap them in spiderwebs. Never let the children see the sun again.

As we may have mentioned, we hate when the word 'delight' is misspelled, the sole exception bein 90's retrodiscofunkalicious group Deee-Lite.

In the case of this particular dish, the title's spellin error is nothin compared to the recipe itself. What, pray tell, makes this "delite"-ful?

Is it the mix of 3 fruity and savory gelatins? The sour cream?

Perhaps it's the chicken and dill pickles suspended within?

Side note: both recipes on this page are from anonymous submitters to "Generations of [Godawful] Cookin," and both do more than push the "salad" envelope - they tear it to shreds!

## CRANBERRY AND CHICKEN DELITE

FIRST LAYER: (if layers are involved you know you're in for a treat)

- |                               |                                  |
|-------------------------------|----------------------------------|
| 3 C. cranberry juice cocktail | 1 C. fruit cocktail (drained)    |
| 1 pkg. strawberry gelatin     | 1 C. whole berry cranberry sauce |
| 1 pkg. lemon gelatin          | (the can-shaped kind, duh)       |

SECOND LAYER:

- |  |                                    |
|--|------------------------------------|
| 2 envelopes unflavored gelatin (um)                              | 1 C. tomato juice                  |
| 1 (10 oz.) can condensed chicken broth (oh. makin chicken broth) | Salt & pepper                      |
| 1 C. light cream   | 2 C. chicken (diced & cooked)      |
| 1 C. sour cream  | ½ C. celery (finely chopped)       |
| Let's change that "um" to "yum", right? hahaha...ha...ew.)       | ½ C. dill pickles (finely chopped) |

Heat 1 C. cranberry juice to boiling. Add (fruity) gelatins and stir until dissolved. Stir in remaining juice. Chill until slightly thickened. Fold in fruit cocktail and cranberry sauce. Combine gelatin (plain) and chicken broth. Place over low heat (sic) and stir until gelatin is dissolved. Stir in cream, sour cream and tomato juice. (sick) Season to taste with salt and pepper. Chill until slightly thickened. Fold in chicken, celery and pickles. Pour in a 9x13-inch pan and chill until firm. Pour cranberry layer on top and chill. Serve on greens. (welp, there you have it. servin on greens, i.e., iceberg lettuce, is what makes this a nice, healthy salad. truly DELITEFUL!)

SALADS

Is the use of Jell-O alone enough to call a Cold Dish a "salad"? Why else include an obvious dessert like this in the Salads section of the church cookbook and not with the Desserts?

But we digress.

The 1st ingredient?

Dark cherries. Love em.

Seein the rest of the ingredients though, we couldn't bring

ourself to sample a square if we were paid.

## DARK CHERRY SALAD SQUARES

- |   |  |
|---|--|
| 2 C. Gourmet's Choice® dark sweet cherries (thawed, drained, reserving juice & cut in half) | 1 C. white seedless grapes (cut in half) |
| 1½ C. boiling water   | ½ C. sugar                               |
| 2 (3 oz.) pkgs. black cherry gelatin  | ¼ C. Elite Egg™ egg substitute (NO.)     |
| 1 (8 oz.) container Cool Whip topping   | ¾ C. pineapple juice                     |
|   | 2 T. margarine (aka oleo)                |

Thaw and drain cherries, reserving juice. Add enough water to reserved juice to equal 1½ C. liquid. Cut cherries in half; set aside. Dissolve gelatin in boiling water. Add to reserved juice mixture. Chill until partially set. Fold in grapes and cherries. Pour into a 9x9-inch square pan; chill until firm. Combine sugar, flour, egg substitute and pineapple juice in saucepan. Cook, stirring constantly until smooth and thickened. Stir in margarine; cool. Combine whipped topping with egg mixture. Pour carefully over gelatin. Chill.

(phew, that's alotta ingredients and fancy cookin for what could be a whole lot easier: take a can of fruit cocktail, pick out and eat all the peach and pear bits, dump the leftovers into a vat of cherry Jello and top with Cool Whip. voila! we just invented a new Cold Dish: Canned Gourmand's Delite 'Salad' (c))

We may sound like a bit of a conspiracy nut here, but the ingredients for this so-called "Good" Salad are suspiciously close to those of the Five Cup Salad (Winter Salad) below it.



Both come from the 1974 Roosevelt Elementary School cookbook, so we must wonder...did these ladies hookup to do a little... "recipe swappin"?

Isn't that what all the bored gals of the 70's did on school days between watchin "The Price Is Right" and "Ryan's Hope"?



### GOOD SALAD (define "good")

(needs marshmallows)

- 1 can mandarin oranges
- 1 small can pineapple tidbits ('tidbits': a word we love almost as much as 'oleo')
- 1 pkg. orange jello (again, not a salad without Jell-O!)
- 1 can whipping cream or  $\frac{1}{2}$  c. milk
- juice of lemon

Dissolve jello in heated juices ("heated juices"? did we miss a step?) and lemon juice to make 1 c. liquid. Add 1 c. cold water. Chill and whip. Add whipping cream, then fold in drained fruit. Fills a long pyrex pan. (meanin...loaf? 9x13? what?) Serves 12 to 15.



new crop! fresh-packed! rich! ripe!

Mrs. Charlene Montgomery



Why is this subtitled 'Winter Salad'? The ingredients seem tropical to us.

Hm. Maybe that's the point. You make this salad in winter and close your eyes while you eat it and pretend you are in Hawaii or somethin.

Then when you open your eyes and see all the stupid snow still outside, you just start cryin because you tricked yourself so good.



### FIVE CUP SALAD (WINTER SALAD)

- 1 buffet can mandarin oranges (what's a 'buffet' can? like the giant Costco size?)
- 1 #2 can pineapple chunks (#2 can? you mean a toilet? pardon our ignorance; we didn't grow up in the 50's)
- 1 c maraschino cherries
- 1 c english walnuts (chopped optional)
- 1 c cocoanut (sic)
- $\frac{1}{2}$  pint cultured sour cream (well-versed in The Arts)

Mix together, let stand in refrigerator for 3 hours or more.

(typical vague instructions, but what do we expect from what's essentially a bowl of canned fruit mixed with marshmallows, coco[a]nut, and sour freakin cream. <shudder>. we spose it's like plain Greek yogurt, but still...<shudders again>)

"Seen any good plays lately?"

"Uh..."



### Miss B. Wireman

(on 2nd thought, maybe these aren't recipe-swappin housewives, but teachers - and Miss B. Wireman withheld her 1st name in order to stave off bratty children's cries of "Nice salad, Barbie/Bernice/Bertha!")

7 tempting varieties



(good lawd, we just realized: there's no Jell-O in this salad! <clutches pearls>)



Just how does one--

Wait a cotton-pickin minute here. This salad has almost the same ingredients as the last one, Fruity Winter Five or whatever, and it ALSO came from "Rainbow of Recipes from Roosevelt School".

We don't care if they're teachers or housewives - SOMETHIN was definitely up at Roosevelt in 1974!

Now, as we were sayin: Just how does one make rice

"glorified"?

Why, add Cool Whip and canned fruit, of course!

NEW! HEAVENLY RICE PUDDING!



Bright new flavor...

heavenly light...



wonderfully easy!

### GLORIFIED RICE

1 small box Minute Rice  
(cooked and cooled)  
miniature marshmallows

1 can crushed pineapple  
Maraschino cherries

large Cool Whip (there's more than 1  
size of Cool Whip?)

(we say use the frooty kind for  
maximum sugar coma)

Combine all ingredients and chill. (pardon our French, but those are some piss-poor directions. chill for how long? a day? a year? do we use the whole bag of marshmallows? the entire tub of Cool Whip? all the cherries?)

(sigh. your guess is

as good as ours.)

Mrs. Ross Burrill



We saved the worst Cold Dish for last, folks.

This was the 1st recipe submitted to Midwest Cookin: The Blog by the pseudonymous Mrs. Tairy Greene, who became a frequent contributor. She provided us with many gags (and GAGS), and though we've lost touch since the blog collapsed in 2009, we often think of her and wish her good fortune, if not good eatin.

Because man alive, did she claim to feed her family some real doozies.

This unholy concoction, for example.

If our ma said this was for dinner, we'd tie a cheese sammich and a couple Little Debbie's in a bindle and run away from home!

### MYSTERY SALAD! (exclamation point, indeed)

Mrs. Tairy Greene

3 packages lemon jello (par for the

3 cans tuna, drained (uh oh. tuna?)

1 1/2 C. boilin water "salad" course)

3 cans condensed chicken noodle soup (oh no.)

1 1/2 C. celery, chopped

8 oz. can water chestnuts, drained & chopped

1/3 C. onion, chopped

1 1/2 C. mayonnaise or Miracle Whip (no no no.)

1/3 C. green pepper, chopped

1 1/2 C. whipping cream (no no no no.)

In a large bowl, dissolve jello in boiling water. Cool to lukewarm (hurrrp!) Add all remaining ingredients and blend well. (you forgot an important step: try not to puke)

Pour into 9x13 pan and refrigerate until firm. (wonderin what this looks like when it's "firm" is givin me nightmares. does it look like a brick of cat food? solidified barf? the gelatinous grease-covered bottom of a Dumpster?)

Vomiting is usually the answer

(oh god. get the smellin salts. we feel faint. next section!)

(we'd rather do this

than eat that)



# Bake Sale!

Bakin. It's what Midwest cooks do best in our humble opinion, though as with much of life there are exceptions to every rule.

Have you recovered from readin that last Cold Dish recipe yet?

Too bad. We have one more recipe for ya courtesy of Mrs. Tairy Greene from the old Midwest Cookin blog.

When she submitted it, she claimed this cake was "surprisinly good."

We don't care what she says. We wouldn't eat this cake if it was our 100th birthday and delivered to us by the ghost of Willard Scott.

## PORK N' BEANS CAKE (you read that correctly.

this is a cake made with Pork n' freakin Beans.

Mrs. Tairy Greene

- |  |                                     |                                 |
|--|-------------------------------------|---------------------------------|
| 2 C. sugar   | 4 eggs                              | we need say no more.)           |
| 2 tsp. bakin soda                                    | 1 C. vegetable oil                  |                                 |
| 1 tsp. bakin powder                                  | 1-16 oz. can drained pork and beans |                                 |
| 2 tsp. plain cinnamon (as opposed to fancy cinnamon) | 8 oz. can crushed pineapple         | (<needle scratches off record>) |
| 1/2 tsp. salt  | 8 oz. cream cheese                  |                                 |
| 2 C. plain flour (as opposed to fancy flour)         | 2 tsp. vanilla                      |                                 |
|  | 1/4 C. soft oleo                    |                                 |

CAKE: mix all dry ingredients together. Add eggs and oil to mixture. Mash beans and mix with pineapple. Add this to above ingredients. Pour into a bundt pan and bake at 350 for 40 to 45 minutes. ICING: cream together all ingredients. Frost cake.

(evil pork n' beans kid says: take this cake to the office but don't tell anyone the secret ingredient. watch your co-workers shovel it down, then reveal the surprise!)

Sweet Jiminy Christmas. This cake has got to be the most sugar, fat, and calorie-laden concoction ever imagined. Who comes up with these things?

Midwest cooks, that's who.

From "Rainbow of Recipes," readin these ingredients gives us heart palpitations; eatin a piece would probly put us in a sugar-induced coma!

## COCA COLA trade-mark CAKE

- |                               |  |
|-------------------------------|--|
| 1 c. butter (that's 2 sticks) | 1 tsp. vanilla                               |
| 1 3/4 c. sugar (sugar)        | 2 eggs                                       |
| 2 c. flour                    | 1/2 c. buttermilk (no skim milk here!)       |
| 3 T. cocoa                    | 1 c. coca cola (sugar)                       |
| 1 tsp. soda (bakin. not pop.) | 1 1/2 c. miniature marshmallows (more sugar) |

Combine all except cola and marshmallows. Blend at low speed, then beat for one minute at medium speed. Add cola and blend well. Add marshmallows. Pour into greased 9x13 in. pan and bake in an oven at 350 F. for 40 to 45 min. or until done. Cool cake before icing.

## COCA COLA trade-mark ICING

- |  |                     |
|--|---------------------|
| 1/2 c. soft butter (another stick)                 | 3 T. cocoa          |
| 1/3 c. coca cola (even more sugar)                 | 1 c. chopped pecans |
| 4 c. powdered sugar (and an entire pound of sugar) |                     |

Mix butter, cola, powdered sugar and cocoa until smooth, then stir in pecans. (last step: frost cake and enjoy your adult-onset diabetes!)

Mary Ann Wellner

"Diabeetus is no laughin matter, missy."

(sorry, Mister Brimley.)



The gal from First Lutheran Church who created this recipe was ahead of her time with it, predatin the modern health food craze.

They sell somethin like this cake at the Whole Foods, but they call it "Vegan" and charge \$7 a slice for it.

### MILKLESS, BUTTERLESS, EGGLESS, CAKE

(mize well call it Tasteless and Joyless too)

Bid Jensen

2 C. flour

1/2 tsp. salt

1 tsp. cinnamon

1/4 tsp. cloves

Little nutmeg (seriously kids, go easy on the nutmeg; it's a known hallucinogen)

350°

9x12" pan

35 minutes

1 C. raisins (again with the raisins)

1 T. melted shortening

1 C. sugar

1 1/4 tsp. baking soda

1 C. liquid from raisins (uh...huh?)

1 tsp. vanilla

Stew raisins so there will be one cup of liquid. (if you stewed em in booze, maybe this cake wouldn't be Joyless anymore) Cool. (yeah, it would be cool if you stewed the raisins in liquor. nice to know we're on the same page, Bid)

Put liquid in bowl and add soda, shortening and sugar. Sift flour and measure.

Then sift with salt, cinnamon, cloves and nutmeg. (all this siftin is gettin old fast)

Beat 2 minutes - add raisins and vanilla. Serves 12. (so...guess we'll just forget

the step where you actually bake the damn cake, and call this a Milkless, Butterless, Eggless, Tasteless, Joyless, Bakeless Cake. we're guessin if you actually wanted to serve this though, you'd bake it for about 30-35 minutes. oh, and poke it in the middle to check for doneness.)

Different spices may be used - to taste. (oh ho, so this isn't a Tasteless cake after all? welp if we can choose whatever spices we want - to taste - then we choose Mrs. Dash, Chef Paul Prudhomme's Salmon Magic, sriracha, and Pork n' Beans. with Cool Whip on top.)

Our last Bake Sale recipe comes from the First Lutheran Church cookbook (yet again!). We believe it's for some kind of cookie, but don't hold us to it.

You'll see. Read on.

### MOTHER'S-PEPPERNUTS

Leona Joens

2 C. sugar

1 C. lard (<shudder>)

2 C. syrup or sorghum (sorghum? must be from

2 eggs the 50's. The 1850's!)

2 even tsp. soda dissolved in a little hot water



(cheers!)

2 tsp. cloves

2 tsp. cinnamon

Pinch of salt

8 C. flour (good lawd, that's a lot of flour!)

350°

Roll out in hands and put on greased cookie sheet.

(that's all she wrote. seriously. we presume that, like most cookie recipes, you'd mix the wet ingredients first, then separately combine the dry ingredients and gradually add the dry to the wet in order to form a dough. not sure what "roll out in hands" means, but let's say it means to make tablespoon sized balls of dough. no bake time, so we'd guess 10 minutes or so.

don't blame us if they turn out like crap - blame Leona.)

(as for why these are "peppernuts" when they contain neither pepper nor nuts...)

"Discuss."

# This 'n That

How weird is Beet Jelly? What exactly would you spread it on?

Toast? Bagels? SPAM?

We never heard of it, let alone eaten any, and then we stumbled upon TWO recipes side by side in the First Lutheran Church cookbook.

It's a battle of Beet Jellies, differentiated only by their major Midwest ingredients and copious amounts of sugar!

## BEET JELLY Round 1! Fight!

Nell Bremer

4 C. beet water

(peel and boil cut-up beets (but what do you do with the beets?) to get water)

5 C. sugar

1 pkg. raspberry Kool-Aid (good luck findin that) 1 pkg. powdered pectin

Boil beet water, Kool-Aid and pectin to full boil. Add sugar and boil again to full hard boil for 1 minute. Pour into jelly glasses. When cool, cover with paraffin and store.



Pause for half-time deep thought...

If you did all the things you should do before you go on vacation, it would be over before you started. (the Midwest version of "what's the sound of one hand clappin")

## BEET JELLY Round 2! Fight!

Esther Wolgram

6 C. beet juice

2 pkgs. Sure-Jell

1/2 C. real lemon juice (or ?)

8 C. sugar (yes! more sugar!)

1-6 oz. pkg. raspberry jello

(of course of course)

Scrub beets real good and cover with water and boil until almost done. (Beets can be canned for pickled beets or buttered beets.) (we're glad Esther isn't wasteful with her beets. we're lookin at you, Nell.) Put juice through a cloth.) (watch it with the parentheses, lady. that's our gimmick.) Bring beet juice to a boil and add 2 packages Sure-Jell and lemon juice. Bring to a boil, add 8 cups sugar and raspberry jello. Boil 6 or 8 minutes. Skim and put in jars and seal with wax.

Verdict: Jell-O + 3 extra cups of sugar =

"WINNER!"

It was snowin "to beat the band" back in January 2008, inspirin us to post this snow-torious recipe on the old blog.

We were livin in Iowa then, so we wondered if the snow would taste like, say, the filthy Iowa River smellt: a rank mix of bleach, laundry detergent, lawn chemicals, dead fish, and pee. Needless to say, we didn't sample it.

## SNOW ICE CREAM

Ruth Wright

1 egg

1/2 C. sugar

1 tsp. vanilla

1 C. evaporated skim milk or cream

In large bowl, beat egg, sugar, vanilla and milk. After a new snowfall bring in a large pan of fresh, clean snow. (i.e., not yellow, brown, grey, or black) Before it has a chance to melt, add to egg mixture by the cupful stirring until ice cream is thick.....eat quickly.

(the overabundant ellipses might give you pause.....)

(the combination of raw egg and dirty snow might give you salmonella.)

Think of



END

This zine is dedicated to all the folks who contributed the recipes herein to their homespun cookbooks or to the old blog, especially our Granny Bert and the ladies of First Lutheran Church circa 1974. To paraphrase the preface page of their cookbook, our beloved Bible of MWC:

FIRST LUTHERAN  
CHURCH COOKBOOK



The ladies of First Lutheran ...would like to share some of their favorite recipes...

It is their sincere hope that into whosoever hands this cook book is placed, much joy and pleasure will be realized in the preparation of the recipes within its covers.

Unfortunately, the hands their book fell into were ours...but we'd say their wish has been fulfilled.

Studyin their recipes and then sharin them on our old blog and in this new zine has truly brought us much joy and pleasure.

(Without us ever havin to actually prepare a single one!)

It's our sincere hope that you got some joy and pleasure out of readin em too.

See ya in the next issue!

♥ Hamtasia

## Hungry for more MIDWEST COOKIN'?

This sampler's just a taste of what we're servin up in the rest of the series! Get ready for 15 zines jam-packed with Jell-O "salads" and canned good good(?)ness, featurin all-new recipes and bloggery classics with themes like:

Eats of the Apocalypse!

Penny Pincher's Paradise!

Comp'ny's Comin!

What Wouldn't Jesus Even Eat!

Instant Diabeetus!

Granny's Holiday Table!

"still not funny"

and so much more!

Comin 2024 to an Internet store near you!

(you've been warned!)

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# The Midwest Cookin' Food Guide Pyramid

Vegetable Group  
**USE SPARINGLY**

Fruit Group  
**2-3 SERVINGS**

Bread, Cereal, Potatoes, Rice,  
Spaghetti & Macaroni Group  
**2-3 SERVINGS**

Meat, Poultry, Fish,  
Beans, Eggs &  
Nuts Group  
**3-5 SERVINGS**

Milk, Yogurt &  
Cheese Group  
**2-4 SERVINGS**

Fats, Oils, Sweets &  
Jell-o Group  
**6-11 SERVINGS**

