

#134 Egg Mornay

This sauce can also be used for making macaroni and cheese. - In January, 1972, I attended a gathering at King of Prussia Mall of campaign volunteers for George McGovern and got to meet him in person. I signed up to go up to campaign in New Hampshire with another student from my social studies class. I was 15 and it was very eye-opening because most of the other people staying in this big old farmhouse up there were college students from Cornell and MIT. Having conversations with these people really widened my political views. I felt strongly about the war in Vietnam and I was hopeful that McGovern would win. I was watching the November, 1972 election on TV with my grandparents in Texas who were overjoyed that Nixon won and I was very disappointed that McGovern lost. In February, 1974, I was fortunate enough to have been selected to attend The Presidential Classroom for Young Americans that was held in Washington, DC. It was exciting because of the timing in American administrative history; the Watergate investigation was in full swing and the Vietnam war was still on so it was really an incredible opportunity. Everywhere we went we were taken behind the scenes. I saw Henry Kissinger speaking with Gerald Ford in the hallway and also got to meet and briefly spoke with Senator Ted Kennedy and sat in on one of his Senate hearings. Back then the CIA building was in a secret location, and we had to get on a bus with blacked out windows, put a blindfold on as we were getting off the bus that weren't taken off till we got inside and were put back on us as we left. It was wondrous and amazing to see these people and meet and talk with them. It was a week long with other students from every state in the United

Egg Mornay

English muffins
Canadian bacon or small ham slices
Eggs

Sauce:

3 tablespoons butter melted
3 tablespoons flour
3/4 teaspoon salt
1/4 teaspoon nutmeg
Ground pepper
1 cup of cream
1/4 cup white wine
1/3 cup Gruyere and/or Swiss cheese, grated

Melt the butter in a saucepan and blend in the flour. Add the salt, nutmeg and pepper. Stir in cream; heat and stir until thickened. Add the white wine and cheese, blending until smooth. Toast the English muffin halves while poaching the eggs and warming the Canadian bacon or ham. Layer on each plate the English muffin half face up, the slice of meat then the egg on top carefully. Ladle some of the Mornay sauce over the top of the egg. Can be decorated with chopped chives, a sprinkle of paprika, dried parsley, or fresh or dried dill.

Conestoga Student Chosen For Seminar

Elizabeth Long of Wayne, a student at CONESTOGA SENIOR HIGH SCHOOL in Berwyn has been chosen to attend a seminar in Washington D.C. on the American governmental system.



ELIZABETH LONG

Over 1600 high school students from every state will gather at the conference over a 6 week period in February and March. The program is sponsored by A Presidential Classroom for Young Americans.

Conestoga High School students have recently completed a project in conjunction with the Berwyn Elementary School. Students from Play Production classes recorded "radio dramas" for the Berwyn youngsters. The scripts were the children's favorite books, chosen by the school librarian.

The high school students worked in groups of five or six. With the help of records, musical instruments, and

School Happenings

special sound effects, they dramatized the stories on cassettes. These cassettes will be kept in the Berwyn Elementary School Library for use by the students.

The National Theatre Company, which has been touring the country for the last eight years, will be coming to MOTHER OF DIVINE PROVIDENCE SCHOOL, Allendale Road, King of Prussia, with its new production of the Johann Wyss classic "The Swiss Family Robinson" on Jan. 21st. The performances are at 10 a.m. and 1 p.m.

Article in the January 10, 1974 Today's Post newspaper about me being selected for attending The Presidential Classroom for Young Americans.

States, so we got to share the concerns of the areas that we lived in and talk about our various views. It really expanded my political thinking. However, there is one curiosity I have always had from that experience. When we were walking in a secured administrative area in the White House, we went past an open door where men in dark suits were moving filing boxes full of papers and when one of them saw us peeking in, he quickly closed the door. Of course we were all very curious what they were up to with all those files, considering the time, LOL!

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#135 Beets & Onions Salad

I previously mentioned a regional conference in 2000 held in Santa Clara, CA that I co-produced for our employee programs association. My parents wanted to be helpful so Dad, as past national president of the American Wine Society, offered to do the Thursday night pre-conference event about how to do a winetasting and then actually had one. It was very popular and well attended! The photo is him speaking at the event at the Winchester Mystery House. The next photo is Mom and the welcome gifts for the chapter presidents that she put together :-)

The other photo is the feathers in the bathtub from the centerpieces she made that I talked about in my previous post, LOL! At these conferences, sometimes the most unusual things would happen and you just had to be flexible at all times. One of the meals was being hosted by 3 of the main San Diego attractions: Seaworld, San Diego Zoo and Wild Animal Park. Seaworld had provided centerpieces which included mylar dolphin balloons that came up about 1 1/2' to 2' above the table. Our representatives from those parks were working together on the presentation portion. They had worked it out that 3 different kinds of animals were being brought up to the second story of the Westin Santa Clara: a monkey, peregrine falcons, and a tiger. I got pulled out of the meal by hotel security to give me a heads up that the tiger would not go into the elevator so they had to clear out the service steps in the back and warned all employees of the hotel to stay away while the handler walked the tiger up the steps and down later on. Security was pretty freaked out as you can imagine, LOL! When the monkey was brought out, the handler lost his leash and he jumped onto Jay from Seaworld who was very startled while they tried to get the monkey back under control! So of course there had to be an issue with the third animals as well, so when they let the Falcons go to fly from one side of the room to the other, no one thought about the fact that there were mylar balloons in the center of every table and the glint of the balloons and the material threw the Falcons off and they had to fly below the curved heads of the dolphin balloons. Many of the attendees heads were touched by their wings as they flew low over them which caught them offguard. Everyone made it out alive but I was definitely sweating it out and worrying about liability issues! But after all, they are called "wild" animals for a reason and they let us know that, LOL!



Dad doing his winetasting presentation at the Winchester Mystery House in San Jose, CA; Mom with the VIP welcome gifts she made; the feather residue from Mom making centerpieces in the bathtub, which I had mistakenly assumed she had done while taking a bath but obviously had not, LOL!

Photo Courtesy of Betsy Long

Beets & Onions Salad

1 large can drained sliced beets, pickled or regular, or 5 sliced cooked beets
1 Bermuda or red onion, sliced very thin
Lettuce greens
Vinaigrette Dressing (recipe #130)

Place beet slices and onion slices on top of greens on individual plates or one large platter. Dress with vinaigrette dressing. Can also be made a day in advance and let the beets and onions marinate with the dressing in the fridge overnight.

#136 Sweet Peanut or Apricot Turnovers

This is a story from Mom's sister, our Aunt Margie, about their growing up which shed light on Mom's interests of cooking & gardening. As children their Dad insisted that the three of them work in the garden. He always had wonderful gardens of flowers; he did not raise vegetables. The 3 kids hated doing it and she said they complained bitterly. Years later though, she said they all agreed: 'We wish we had paid attention and learned what he had tried to teach us' when they had gardens of their own. Too soon old, too late smart, LOL!

Regarding Mom's interest in cooking, she said their mother never cooked anything with cheese, any salads, or anything 'foreign'. Their Dad would try anything and tried to get them to do the same. They would refuse and he would say 'What are you going to do if you find yourself in France (Italy, China, etc.) and need a meal?' They would reply that they guessed 'we would starve', LOL! Aunt Margie said that thanks to our Mom and Dad who took her to a Chinese restaurant and she learned that 'foreign' food was not so foreign after all. Aunt Margie and Mom learned to embrace foods from different countries, however Aunt Margie said that she draws the line at weird things like bugs and reptiles, LOL!



1) Mom in front, her older brother Uncle Walter, and her younger sister, Aunt Margie; 2) the couple is their parents, Willard and Violet Morgan; 3) a stunning Hydrangea that Mom grew in her garden in Rhode Island.
Photo Courtesy of Betsy Long

Sweet Peanut or Apricot Turnovers

Filling:

1/2 cup total of regular Or chunky peanut butter and/or finely chopped cocktail peanuts with no skins
OR

1/2 cup soft dried apricots and diced pecans

1/2 cup brown sugar

1/2 cup coconut, finely cut, optional

1/4 cup sesame seeds, optional

1 tablespoon lightly beaten egg (keep remainder of egg separate for you)

1 pound wonton wrappers

Oil for frying

All but 1 tbsp. lightly beaten egg

Mix filling ingredients together. Have remainder of egg in a small bowl. Lay out wonton wrappers and lay a spoonful in the center. Put a small amount of the lightly beaten egg on two sides that come together of the wrapper. Take the point from the opposite side, match it up to the egg covered corner and seal the edges down. Place onto a cookie sheet with parchment paper if you have it. Do not lay them on top of each other because they will get soggy and stick. Deep fry until golden brown and enjoy.

Alternative: replace wonton wrappers with rolled out pie crust and cut it into small squares and then follow the rest of the recipe. Can be deep fried or baked.

#137 Coq Au Vin (Chicken with Wine)

In 1973, (soon after going to the Led Zeppelin concert) Morris and our friend Dave asked my brother Charles and I to go open air camping up at Budd Lake (about 10,000 feet up) in the Tuolumne Meadows of Yosemite with them. We got lots of camping items together including freeze-dried food and went up to Yosemite. We left Morris' van at the ranger station and got our camping pass. We put on our backpacks and hiked up. We found a great spot that others had used before. There were remnants of an old campfire, and an area along a fallen log that would be great to put the sleeping bags up against. Then we were trying to figure out where to hang our bag of food and we saw a tree nearby that seemed absolutely perfect! There was a sturdy branch with no bark on it so we figured that made a lot of sense because it was obvious that it had been used so often by others so that this is where we should hang the food bag. We threw the rope over the branch, pulled the bag up and tied the end to a bush at the tree base. We had a fun time hanging out by the fire that night and we rolled out our sleeping bags and placed our heads up against the fallen log for a little protection. Once we were laid down, I remember looking up over Cathedral Peak and being amazed (and a little freaked out) at the huge number of stars and seeing so much movement of bright specs that were likely satellites and/or maybe UFOs - with that much movement in the sky, one just had to wonder, LOL! I fell asleep looking at the amazing sky, but then I was awakened by Morris whispering my name frantically! I turned my head to look at him and he whispered, 'I think there is a bear sitting on the end of my sleeping bag!'. I slowly tilted my head up and saw a large bear there! I turned my head and whispered to Dave and Charles about the bear. Then we heard another sound and realized what was going on. Mama Bear was sitting and admiring her 2 cubs who were in the process of heisting our food! One was on the ground at the bush that we had tied the rope to and was yanking on the rope, while the other one was up the tree and swinging at the bag to catch it as it moved! We were just praying for the bag to hurry up and come down. It finally did and the cubs took it to a small meadow near us, and the mother got up and was walking towards them. As we all got up and dressed, for a moment, Mama bear turned and was coming towards us! Morris was yelling for us all to run into the lake because he heard bears can't swim, and while they were running, Dave was arguing with him that bears can swim (which we found out later is true). Thank goodness that she turned back around and joined her cubs in the meadow before we were in the lake! We built a large fire and were hitting big sticks together to keep the bears

Coq Au Vin (Chicken with Wine)

5 strips of bacon
6 breasts of chicken, halved
1/2 pound fresh (or one can) button mushrooms
12 small white onions
1 cup red wine
1 cup chicken stock
1/2 can tomato paste

(Continued on next page)



Me, our friend Dave, Morris and my brother Charles getting ready to leave for Yosemite to camp at Budd Lake in June 1973 in Morris' VW bus. Photo Courtesy of Betsy Long

away because we thought we had heard that bears were afraid of fire and loud noises. We could see the bear family going through our food bag and tearing everything apart. Eventually they were done and left. We all sat there still stunned for a minute. Then we went to investigate what they left and I was struck by the strength used to can opener open the top of a metal butter container with a claw, and to rip in half a plastic tube of peanut butter and jelly. They ate a lot of our freeze-dried food and I remember wondering if when they drank water, would everything swell up and they would feel a lot fuller, LOL! We found out what likely had drawn them. Dave had woken up earlier and took out a salami out of his backpack and put it, unwrapped with the meat exposed, into the hanging bag which made it a delicious smelling piñata, LOL! And we also realized that most likely the reason that there was no bark on that branch was that, yes, other people had used it, and the Bears knew exactly what to do and that was why all the bark was rubbed off, LOL! We gathered our stuff up quickly and took off down the mountain. I happily remember my brother pretending to be a flying monkey from the Wizard of Oz on our way down which really helped to get over our scare :-)

We reported our bear sightings to the Rangers and decided it was time to head home. We definitely had our up close and personal experience with nature, LOL!

#137 Coq Au Vin (Chicken with Wine) (Continued)

2 teaspoon salt

1/8 teaspoon pepper

1 bouquet garni (1 sprig (or a little dried) thyme, 1 Bay Leaf, 1 sprig parsley (or a little dried) & 3 peppercorns tied in cheese cloth)

Use a pan big enough to hold all of the chicken breasts and the liquids. Fry bacon, set aside. Brown chicken in bacon fat. Set aside. Brown mushrooms and onions in bacon fat and set aside. Put chicken back in pan with tomato paste, salt, pepper and bouquet garni. Pour wine and stock over chicken. Cover and cook 45 minutes or until tender. Remove bouquet. Add mushrooms and onions during last 10 minutes. Put onto serving platter. Sprinkle with crumbled bacon. Serve or make ahead and refrigerate to let the sauce soak in, and reheat at 325° for 15 to 20 minutes.

#138 Asian Fruit Compote

In 1986, a friend suggested we go on a cruise to Bermuda because she found this great sale. It sounded like fun and it was inexpensive so I figured what the heck and would pay half of the room. Little did I know that it was going to be the opposite of my expectations, LOL! After I had already put the money down, I found out that Bermuda was in the middle of the Atlantic Ocean and closer to New York than it was Florida and Jamaica! I was disappointed but sent for a tourist packet. I did find out that they have very little rain so at least we would have good weather. Mom and Dad picked us up at the airport and drove us to the New York City harbor. Mom and I made wisecracks about who would go on this cruise line we could see that had a giant X on its smokestack that probably means it is Brand X and no one should go on it. Then it turned out to be ours, LOL! Did I take the hint? No, I kept going forward. We got on the ship and we had a super tiny inside cabin. But I'm still hoping for the best. Soon after we got on our way, it was time for our first dinner. I had seen amazing pictures of food spreads on cruises so I was very excited! When we sat down to dinner, we were each served a bowl of beef broth with one noodle in it. I thought, I guess this is a gourmet serving method. Then we had a modest dinner followed by what they called Key Lime Whip, which just tasted like green colored Dream Whip with a hint of fake lime flavoring. I was very disappointed but I had heard there was a midnight buffet so I could eat something there. Got to the midnight buffet and it was pre-cooked hamburgers that were curled up on the edges. Another disappointment. I went to bed and decided to take a shower in the morning. The bathroom was so small that literally, the sink was in one corner and the toilet was in the other and you could sit on it and wash your hands, LOL! So when I went to get in the shower, I looked and saw a drain in the floor. I looked up and saw a ring attached to the ceiling that had the shower curtain bunched up against the wall on it. Shaking my head, I pulled the curtain around the rod and started the water. Got undressed and realized I had forgotten my soap, so I grabbed the amenity bottle from the sink and got in the shower. The first issue I had was that due to my ample chest, the curtain was up against me because the curtain ring was so small, so the water was just going down off of my chest and dropping straight to the ground onto my feet. Exasperated, I poured out the soap and put it all over. I went to wash it off and realized I had accidentally picked up the lotion, and I am not a lotion person. I was trying to get it off so I could wash, but the curtain was just sticking to me all over. I finally opened the whole curtain and showered in the entire (tiny) room, LOL!

The next day they announced group games so I went to enjoy some social activity. We played Pictionary; the first person went up and it went fine. The next person got up and drew a stick figure and then from between the legs, she drew a squiggly line down to about the feet level and then made a big black puddle. We all were just staring, so she just keep re-drawing this line going down in the puddle. We all looked at each
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Asian Fruit Compote

1 can mandarin oranges
1 can lychees
1 can pineapple chunks or equivalent fresh
Melon balls (your choice: watermelon, honeydew, cantaloupe)
Sliced fresh strawberries
Fresh grapes, halved

May be sprinkled with: chopped candied ginger and/or shredded coconut.



Me on the cruise ship and the Coca-Cola steel drum band!
Photo Courtesy of Betsy Long



138 Asian Fruit Compote (Continued)

other because it looked bathroom oriented and no one wanted to say anything rude. The woman pulled on her ear to mean 'sounds like', so people were saying words that sounded like "peeing". When time ended, the woman was exasperated with us and said she thought it was clear! We asked what the picture was, and she said "diarrhea". So we asked what the answer word was that sounded like it, and she said "Siberia". We looked at each other and laughed so hard, LOL! Soon after, the boat started rocking tremendously and it started pouring rain. Just so I don't need to repeat myself, this continued our FULL trip. You know, the one going to a place that rarely rained, LOL! That night at dinner, we had another bowl of broth with a different noodle in it and I realized this was a cheap ass meal theme and not a gourmet touch! Another modest dinner followed by Dream Whip colored pink with a hint of fake strawberry flavor.

Another cheap ass meal theme, LOL! I won't bore you with more of those regular meals but just know every day was like that for a week. I had signed up to go to see a steel drum band once we docked thinking it would be fun to see an authentic local band. Got there, and it was a giant advertisement for Coke and it was the Coca-Cola steel drum band as you can see in the photo so no authentic island experience there. I also signed up for a glass bottom boat tour to see the beautiful undersea wildlife but there was nothing to see because there was no sun coming through the water so all we saw was murkiness.

On the final night as we headed back to New York, they announced there was a costume contest at the closing dinner and supplies were in the library. I figured what the heck and went to look for the library. I almost passed it because it was just one built-in bookshelf about 1 ½ feet wide and 5 feet high with a few books and magazines in it. A library - really? So I'm looking around to figure out where these costume supplies are, and there are 2 cardboard boxes on the floor. I opened them up; one was sheets of green tissue paper and the other had purple. Incredible! I gave up, but 2 kids did show up at dinner in costumes they made – one was an eggplant and one was a bunch of grapes, LOL! I had heard we were having lobster at this closing dinner so I was very excited that at least we are ending up with something special. Silly me! We got our usual broth with a noodle followed by what they had the nerve to call Lobster Newberg, but actually it was small pieces of Sea Leg (fish disguised as pretend lobster) in what looked like cream of mushroom soup served in a half of a lobster shell that had been washed so many times that it was losing color, LOL! Unbelievable. And to top it all off, the staff came in singing a song and carrying what they called Baked Alaska but if you think about my story so far, you can already figure out their twist. It was ice cream covered in Dream Whip instead of toasted meringue! I had lost 5 pounds before going on the trip in preparation of the 10 pounds I had anticipated gaining from the great food, and instead I lost another 5 pounds, LOL! I do not think you'll be shocked to learn that this 'Brand X' cruise line was shut down several months later. I should have realized from the beginning with that price that if it seemed too good to be true, it definitely was. The fun I was hoping to have only comes in the telling of this story in hindsight, LOL!

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#139 Shrimp Balls

In the summer of 1992, we came together and went up to spend a week in Maine. When we came back, we opened up the house and were greeted by our family dog, Lady, who the neighbor had been feeding and letting out regularly while we were gone. Margie had a friend that came along who I didn't know well but seemed like a good sport. She had gone upstairs to the main bathroom to use it, and then I went in after her. When I got in the bathroom, I realized that in the tub apparently Lady had been smart enough at some point when the neighbor didn't make it in time and had pooped in the bathtub. Being the tricksters that we are, I yelled down the steps Margie's friends name in a stern voice. Her friend started to come up the stairs quickly, but Margie came dashing up even quicker! They came in the bathroom and I could tell Margie was upset and worried. I pointed to the poop in the tub and asked her friend, still in a stern voice, 'Did you do that?' At first she and Margie both looked shocked, and then they started cracking up. Welcome to the house of monkeys, LOL!



Mom, my high school friend Diana Gent Zak (who I am still friends with) and me in Maine; Dad on the coast; me up there being a monkey playing with my food (with my food), LOL! Note: it made a great photo but I did not think about the fact that the warm lobster water from the claws would go down my arms, LOL!

Photo Courtesy of Betsy Long

Shrimp Balls

2 cups raw shelled and deveined shrimp
1 teaspoon ground turmeric
pinch cayenne
1/2 teaspoon garlic powder
1 medium onion minced
1 tablespoon cornstarch
1 teaspoon grated coconut
2 teaspoons breadcrumbs
salt to taste
3 cups oil



Combine shrimp, turmeric, cayenne, garlic powder, onion and cornstarch (and the optional coconut). Divide in half and blender ½ mix on low speed. Put in a bowl and repeat the process with the other half and put it in the same bowl. Mix in breadcrumbs and salt. Refrigerate until ready to use. Put wok/frying pan on high heat for 30 seconds then add oil and heat until a small bit of the batter sizzles and rises when dropped in. Scoop in rounded teaspoons and carefully drop in the oil. Cook until golden brown, about 3-4 minutes; remove with strainer and put on paper towels in a 250° oven. Serve hot with toothpicks. Pairs well with sweet & sour or curry sauces.

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#140 Fried Eggplant

In 1976, Morris and I were working for a program that was being funded through the Navy at our college. The program was to help soldiers returning from Vietnam to assimilate back into society and sharpen their skills to look for jobs. On hindsight, I wish I had received some training on how to help or be more supportive to them for what they had gone through. Since I had always protested the war and felt the veterans weren't supported enough, I was really glad to be a part of this program. The term PTSD didn't commonly exist at that time, but the condition definitely existed for them. I learned the hard way not to come up from behind on any of them because they would jump up and turn on me in an aggressive manner from auto pilot response in the jungle. I remember one guy had lost his genital area in the war and was a virgin. He was really having difficulties and I felt so bad that I didn't know what to even say.

I was teaching math on the first day of a new semester and was asked why math would be important for them to know. The way I explained it was that if they went for a job that paid \$10 an hour and it was 30 hours a week and then they saw a job that paid \$15 an hour but it was only 10 hours a week, which job would they take home more money from each week and they all said the \$15 an hour because they made more money per hour. I showed them with math that even though it was only \$10 an hour, it was for 30 hours do they made \$300 a week as compared to \$15 an hour for 10 hours which was only \$150. They thought that was cool so they were willing to learn. I had one student in particular who just constantly struggled on concepts. So imagine my surprise when one day he seemed to get it, and it was about Roman Numerals! The Navy expected me to explain this to them as a part of their curriculum, but how often do we really use those in day-to-day life? So I was explaining how the different letters equal numbers, like how in the movie credits they use the Roman Numerals for the movie year. Literally, I saw a lightbulb go off over this young man's head so I asked him if he really understood and he said yes! So I



1976, Christmas in San Antonio, TX with Mary Anne (8), Morris, me, Charles and the back of Mom.

Photo Courtesy of Betsy Long

said OK, please give us an example. He stood up and said, 'I went clothes shopping with my girlfriend yesterday and she told me what sizes to look for. She said L and XL so now I get it, the L is a size 50 and XL is a size 40!'

I felt so bad that I had to burst his bubble but if he told his girlfriend that she wore a size 40 or 50, I don't think it would've gone over very big with her, LOL! It really was a smart correlation, even if it wasn't accurate! This was one of my favorite and most rewarding jobs that I ever had :-)

Fried Eggplant

1 eggplant
1 cup breadcrumbs
1 egg
salt
oil to fry in

Peel eggplant and slice into 1/2 inch thick rounds or 2"x1/2" sticks. Place in a bowl and salt well. Place a heavy plate on top of them for 1/2 hour. Press each piece into a dry paper towel to absorb the bitter juice and dry the eggplant to avoid grease splatters. Lightly beat the egg, dip eggplant into it, then cover each piece in breadcrumbs and fry in oil or place under a broiler on a cookie sheet. Turn over to make sure both sides are cooked. Serve right away. Some people like them with ketchup, ranch dressing, marinara or salsa.

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#141 Lamb Spare Ribs

In 2006, Mom and I were sitting up late at night in Reno playing nickel slot machines and drinking Bourbon and Ginger Ale's, when she decided it was a good time to have some candid moments. We were just chattering away and then out of thin air, she brought up pets we had at our house on Upper Gulph Road in Wayne, PA in the 60's. One was a large long hair butterscotch colored Maine coon cat named Scotty and the other one she spoke about was Puss, named for Puss in Boots because he had black halfway up on each leg.

We had them about two years apart, and Mom reminded me that both had died from cars hitting them while I was in school up at Strafford Elementary, a few blocks from our house. I told her that I recalled that and I was so sad. She put her hand on mine to stop me from playing for a minute and looked me straight in the eye and said, 'I have to confess. When Scotty died, I had gotten a call from the school that our dog Rusty who had followed you up there and I needed to come and get her. I jumped in the station wagon fast to takeoff and did not realize that Scotty was behind the car and ran over him at the end of the driveway. I was in a hurry so I put the cat on the sidewalk and I quickly ran up to the school, figuring I would deal with him when I got back. When you came home, you saw the cat at the sidewalk and I realized I had forgotten to get him. You and I decided he was hit by a car, and you were so upset that I just couldn't say it was me.'. I told her I could not believe she did that, but I understood why she lied. Then she said, 'And about Puss. I had gotten a call from the school nurse that Charles wasn't feeling well so I ran out to the car to drive up there real quickly and apparently Puss had been sleeping on the tire under the car and when I started it I heard a sound as I started rolling backwards and I killed Puss too!'. OMG! I was literally dumbfounded to have these childhood recollections shattered. I told her, 'After all these years and now I'm finding out the truth!'. And she said 'Well, I just felt like I needed to confess after all this time.'. Mom, the serial cat killer, on the F.B.I. (Feline Bureau of Investigation) most wanted list, LOL!

Lamb Spare Ribs

Trim excess fat from ribs and parboil with 1 tablespoon vinegar for 4 minutes. Pour off liquid; this cuts down on excessive fattiness and makes it easier to take off any inner skin. Season with garlic powder, salt and fresh pepper or brush it with a combination of balsamic vinegar, rosemary, garlic powder, salt and fresh pepper; turn over and repeat. Grill or broil until slightly brown and crispy.



A 1953 article I found in Mom's files - Mom acting as the hostess for the Pershing Rifle Drill Competition at Carnegie Tech University on behalf of the college & Pershing Rifles. Dad was the executive director of Carnegie Tech's ROTC Pershing Rifles group; article in a Pittsburgh Press newspaper article. Photo Courtesy of Betsy Long

#142 Bauernfrühstück (German Farmer's Breakfast)

I just watched the season finale of one of my favorite shows, "Alone" that is on the History channel. As I reflected about the entire season I was reminded of a very important life lesson that this show really hammered home regularly to me. Everything is based on your choices of how you choose to spend your time. This became very clear in season 2 with the contestant, Mike Lowe. In just 3 weeks, he had created a roofed shelter with a table and a chair, carved dice to play a game that he designed, and created a standup stove and a standup sink while some of the others had still not completed their long term structure. He was so happy in his structure that he missed being able to share it with someone and tapped out to go home. This season's winner created his long term shelter in the very beginning while he still had his strength and energy and created it with the Arctic winter in mind so it would last and it did. Another player that tapped out early in the season realized on day 28 that he should have started his long term shelter much sooner because he barely had it started and it was starting to snow flurry, Plus he didn't have the food or stamina at that point for the caloric intake it would require. I revisit this concept often when I feel like I might not quite be on the right path. What choice of my time use will bring the best result?

Another thing I took away from the show was a quote from Carleigh Fairchild, a cast member in season 2 and 3. She said "Living is being present and enjoying each moment". This is pretty much how I live my life, but she said it so succinctly that I really loved it and have it on the back of my personal business card as a reminder. Too many years I did not have

Bauernfrühstück (German Farmer's Breakfast)

4 eggs
4 pieces bacon
salt and pepper
1 onion chopped finely
1 cold boiled/microwaved potato chopped (peeling optional)
1 cup canned or lightly cooked green beans in bite-size pieces
Shredded cheese optional

Cook bacon until crisp, drain on paper and crumble, or cut it in small pieces before cooking. Pour off all but 3 tablespoons of the bacon grease. Sauté the onions, add potatoes and green beans and brown lightly. Beat eggs and pour over onions and potatoes. Sprinkle Cook bacon pieces over the egg and add the salt and pepper. Cook over medium heat until eggs are set. Shredded cheese can be sprinkled on just before done to make sure it melts.



Mom here in the Bay Area in the Santa Cruz Mountains in 2002.

Photo Courtesy of Betsy Long

my priorities straight; I let my job run me and I have regrets as not only did it affect the time that I had left with my mother, but it also very negatively affected my health. Again, both of these points from this show speak loudly to priorities and choices. I hope you don't mind that I got reflective for a minute. All this being said, it is easy to sit in my armchair watching a television and crying out to the person, Hey, winter is coming, hurry it up! As we all learned from my Yosemite experience, the great out of doors is not exactly my friend! I think if I were on that show, my first choice would be to build an Uber to take me from that remote location to some place with toilets and phones, LOL!

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#143 Berry Sorbet

For several years I was staying at Margie's house for extended periods as we worked through items from our parent's home or when I had to go out to help Dad. Margie and Maddie have a son named Shane and because I spent so much time there, he and I have become very good friends. In 2017 while I was there, I had just lost the vision in my left eye due to irregular blood vessel growth. Margie, Shane (age 8) and I were sitting in their living room watching TV and I was trying to help work on a project, but I was having a lot of difficulty because of my loss of most of my depth perception. I got so frustrated because I could no longer do things that were second nature to me in the past, and I started to cry a little. Shane came up to me, put one hand on my arm and the other around my shoulder and said, "It's OK, Aunt Betts, we can call Pond Lehocky, they are there for you." As he's patting me to make me feel better, I asked Margie if she knew who he was talking about. She sat there for a moment and then started cracking up! She realized this was a workers comp attorney office that advertised all the time on TV. Shane is a TV advertisers dream because he remembers everything he hears on TV and believes it! He is so compassionate; it meant a lot to me and it was also just so dang adorable!

A few days later, we started talking about what he was going to be for Halloween. Then he goes running away and comes back with his hands behind his back. He said, 'I have your

Berry Sorbet

10 ounces fresh clean (or thawed frozen) raspberries
10 ounces fresh clean (stem removed) or thawed strawberries
1/3 cup cornstarch
1/2 cup water
1 tablespoon lemon juice
A little lemon and/or orange and/or lime zest, optional
granulated sugar based on taste (or other sweetener)
whipped cream

Combine berries in a pan and bring to a boil, stirring occasionally. Mash or let cool a little and put in blender. Run it through a sieve to get out the seeds. Combine cornstarch with water to make a smooth paste, add to fruit, blend well and bring back to a boil, stirring often. Remove from heat, blend in lemon, zest if you decide to add some, and a little granulated sugar (or other sweetener) but taste as you go to make sure it does not get too sweet. Pour into serving dish (you can scoop out little sorbet balls later) or individual dishes that can go in freezer. Freeze. If you like, you can dress it before serving whipped cream and/or zest (the zest looks like colorful confetti) and/or fresh berries and/or mint leaves over the top. Option: you can add small pineapple chunks and/or Mandarin oranges to the mix just as you are about to pour them into individual dishes.

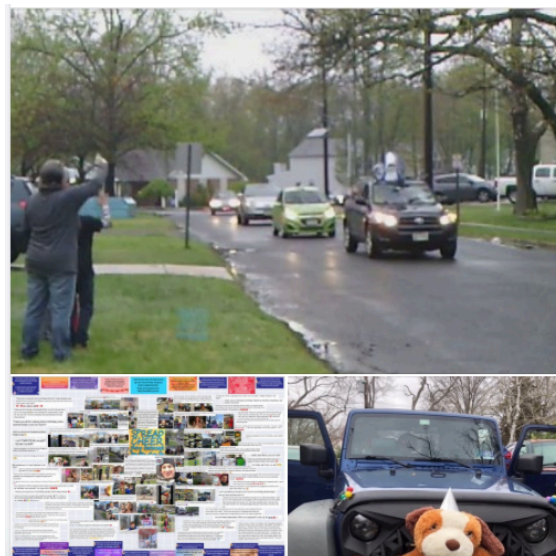


The chef photo was us baking for his birthday in April, 2014 (age 5). The other photo is Margie and Shane making fun of me (we are a very fun competitive family) when we were playing Uno and I lost tragically at Christmas time last year :-)
Photo Courtesy of Betsy Long

Halloween costume for you, Aunt Betts!'. I couldn't imagine what it was. He told me to close my eyes and put out my hand. When I opened my eyes there was a blue plastic pirate eyepatch with a white skull and crossbones on it. Because I was blind in one eye, he figured I could wear this and be a pirate! I laughed and realized that I just needed to take this all in stride and accept my new reality but not make it a new identity. His costume idea was very clever and very funny, LOL! I still have it and it makes me smile and when my vision loss starts to overwhelm me a bit, I look at it and think of Shane and his innocence and wanting to help me so much, and I get myself back on track. I am happy to report that since it has now been a couple of years, thanks to my family and friends, I've worked very hard on getting my independence and confidence back with great success! Plus, thanks to Shane, I have an added bonus of being a realistic pirate every Halloween and if I really need help, Pond Lehocky is always there for me, LOL!

#144 Baked Ham & Cheese Nibbles

I started these postings in April, thinking that our lives would only be changed for about a month or two. And now today, we are on post #144 and there is no clear end in sight yet. Since last night's story was about Margie, Maddie and Shane, I decided to continue that focus, and recognize them and all of the 100+ wonderful people who were Corona Virus Angels. For 2 1/2 months, these wonderful volunteers from Maple Shade, NJ and surrounding communities gave up time for over 78 days and created vehicle birthday parades over 553 times! That is an average of about 7 parades EVERY day. I was very proud when Margie and Maddie pulled this together on March 20 and it kept growing. Last time I checked the Facebook page, Maple Shade Spreads the Birthday Love! had over 1200 followers! Many people put in a lot of time with the planning and organizing of the parade routes and communicating to others. The joy that they brought to so many was just amazing! The two that stand out in my mind that I read about were the celebration for the birthday of an 89-year-old man which is way cool, and a parade for a soldier serving up in Alaska who was turning 21 and he and his buddies got to watch virtually :-). I am so proud of everything that everyone did and since this posting will eventually become some form of a booklet of the posts for us to get through Covid together, I thought it appropriate to make sure to include these great and loving individuals, some who I know read these posts often. I wish I knew more people's names, but the ones that I do know I want to recognize and will put here, and great love is sent to the others. Kudos and thank you to all of you and sending big love for making so many people of all ages joyful and giving them positive and happy memories of their birthday during this time that has been so very difficult. Thank you for spreading the birthday love!



The heart is a poster I made for Margie, Maddie and Shane to remember this great experience! Next is Maddie's car with Shane's pal Bergerac on the front with a birthday hat, ready for a parade, and the other is Shane's birthday parade :-)

Photo Courtesy of Betsy Long

Thank you to Margie Long, Maddie Thompson, Shane Thompson-Long, Kathy Vereb Kiddle, Fran Madison, Jessica Freeland, Holly Rua Doorman & all of the other parade volunteers!

Baked Ham & Cheese Nibbles

Set aside:

1 inch cubes of cooked ham

Blend together:

1 cup grated cheddar cheese

1/4 cup butter

1 tablespoon Worcestershire sauce

Then add:

3/4 cup flour

1/8 teaspoon cayenne

Can add a little dry mustard or onion powder if you like

Mix until dough is formed. Pinch off enough dough to wrap it around and completely cover each piece of ham. Chill until firm or freeze for future use. Put parchment paper on a cookie sheet, place them at least an inch apart and bake at 400° for 10 to 15 minutes, until slightly golden. Serve hot; can put mustard and/or cranberry sauce out to dip them in using toothpicks.

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#145 Peking Dust

When Mom was in college at Carnegie Tech (now Carnegie Mellon University) in Pittsburgh, PA, part of the time she lived at home and commuted. Sometimes it was late when she was coming home and Dad (who was her fiancé at the time) worried about her driving alone. So he gave her one of his hats to wear (as it was 1953 and men wore hats then). So at night she would put on the hat and drove her white Dodge sedan home. She noticed something strange once she started wearing the hat. Other drivers moved over and got out her way on the expressway. Then one day, she found out that the Pennsylvania State Troopers drove white Dodge sedans and they always wore a hat, so the other drivers thought she was a Trooper! Mom never did have any trouble coming home, LOL!

Thank you Aunt Margie for this great story and wonderful photo!



Aunt Margie just sent this to me
- Mom in 1946 (age 13) with
guinea pigs in Columbus, OH.
Photo Courtesy of Betsy Long

Peking Dust

1 1/2 pounds chestnuts
4 tablespoons sugar
1/4 teaspoon salt
1/2 teaspoon powdered ginger
1 cup heavy cream
Mandarin orange slices
Glazed almonds or walnuts
Whipped cream

Slice an X into the flat side of each chestnut shell. Cook in boiling water for about 45 minutes until nut meat is soft. Drain, cool and shell, being sure to remove all of the skin. Force the nuts through a food mill. Blend into them the sugar, salt and ginger. Fold in the heavy cream. Pack into a lightly greased bowl or mold. Place a plate face down on the bowl/mold and carefully turn it upside down onto a plate. Garnish with whipped cream, orange slices and/or nuts.

#146 Classic Italian Salad Dressing

In 1986, Nany, our grandmother in Texas, asked Mom to come down to help her with an event. Mom realized when she got there that she needed more help and asked if I could join her. I was in Charlotte, NC on business, so I said I would schedule flying into San Antonio on my way home. Then she said she needed more help, so she flew in my friend Mike from San Jose. Mike had never flown before so I created the simplest flight that I could so he would just get on in San Jose and off in San Antonio and I would fly in earlier and meet him at the gate. Once I was on the plane in Charlotte, they announced that we were going to be delayed because there were very bad storms in San Antonio. We were stuck on the tarmac for over an hour and then the flight was rerouted so we were almost 2 hours late getting in. We got there at 11:30 PM and all of the ticket counters were closed. I was worried that Mike had arrived long before me and I hoped I could just find him easily. I got to his gate and no one was there. I called American Airlines and they said that the plane had been rerouted to Denver and from what they could see, he had been moved to another plane arriving at 2 AM. When he finally got in he was tired and hot because the plane had ventilation problems. We went to get his luggage, and it never showed. We stood in line and found out that it was lost in Denver. We gave up and went to rent the car we needed to get to New Braunfels.

We got to the counter at 3 AM and this poor extremely pregnant woman was on the phone with a customer. This woman was calling from Chicago to complain because she had left San Antonio and arrived in Chicago just a few hours ago. She had never rented a car before and didn't know where to return it before her flight home so she had parked it in the main parking lot at the San Antonio airport and left the keys in the ignition with the doors unlocked and could not remember where she had left it in the parking lot. But that wasn't even the issue. The reason she was calling was that she had put her house keys on that key ring so she couldn't get into her house in Chicago and she wanted the employee to do something about it. Un-freaking-believable! We both thought we had a rough day, but this took the



Wurstfest in New Braunfels, TX - From left: Nany, Sandpa, their friend Eleanor, Mike, me, Eleanor's husband Dale & Mom.

Photo Courtesy of Betsy Long

cake! I felt so badly for the employee because she kept trying to explain that without knowing where the car was, she would have no idea where to look for it and that since the doors had been left open with the keys in the ignition, there was a good chance the car might not even be there anymore, let alone with her house keys in it. And even if they found her house keys they would not be able to get them to her in Chicago anytime soon. The employee was a real saint! I called National Rent-A-Car the next day to let them know what she had gone through and how well she handled it. Honestly, if we hadn't witnessed this, I would have thought this was a comedy sketch. So the next time you think you're having a rough day, think about this story. If nothing else, it might make you smile, LOL!

Classic Italian Salad Dressing

2 cups olive oil
3/4 cup wine vinegar
Salt
Freshly ground pepper
Lemon juice, optional

You can mix the oil, vinegar, salt and pepper right before you serve but make sure it's in a container with a top so it can be shaken as used. Or serve the oil and the vinegar separately and have the salt and pepper on the table for people to use at their discretion. Lemon juice can be replaced for the vinegar. Grated parmesan can be served on the side.

#147 Szechuan Chicken, Pork or Shrimp

In 1967 we moved into our house on Willis Lane which was located in a micro valley in the side of a large hill. Our main road for going up and down the hill was a long sloping road called Old Eagle School Road. Weadley Road that took us to Old Eagle School Road connected about 1/5 of the way down the hillside. From there it was a nice straight slope down that drops you into the Great Valley which includes Valley Forge State Park. Today I was reminded about a certain part at the base of that road where two incidents happened that were both very memorable to me, LOL! In 1972, it was all the rage to macramé, and one day as some friends and I (Sharon or Diana or Camille, you may have been a part of either of these stories) were starting to walk up the hill when a young woman was coming down the hill towards us on a bicycle on the other side of the road. She was being carried by the momentum of the hill slope and she put her arms up in the air as she was coming down to the end of it, and while enjoying that feeling of freedom, suddenly she was enjoying more freedom than she knew because when her arms went up, her macramé halter top became untied behind her neck and it wasn't just her arms in the wind anymore! It was quite a sight but she was moving too fast for us to let her know, LOL!

Then in the same year, my friends and I, which I am pretty

Szechuan Chicken, Pork or Shrimp

1 egg white
1 1/2 tablespoon cornstarch
1 pound pork or shrimp or chicken, with skin and bone removed
1/4 cup shredded hot green peppers
1/4 cup chopped green onions
1 tablespoon minced garlic
1/2 cup thinly sliced bamboo shoots
1 cup chopped Chinese cabbage
1 tablespoon finely chopped fresh ginger
1 tablespoon dry sherry
1 tablespoon soy sauce
1 teaspoon white vinegar
1 teaspoon granulated sugar
1 teaspoon sesame oil
Oil

Mix egg white and cornstarch. Peel and devein shrimp or if using pork or chicken, slice into long thin strips (julienne). Add meat to egg mixture and stir till coated well. Let marinate for five hours in the fridge. After the five hours, take meat out to start to warm up. In another bowl, mix hot peppers, green onions, garlic, bamboo shoots, cabbage and ginger. In a third bowl mix the sauce of sherry, soy, vinegar, sugar, sesame oil. When ready to serve, heat oil and fry shrimp or meat strips for one minute to cook and color lightly; drain well. In a wok or deep frying pan, add 2 tablespoons of oil, bring to high heat and quickly stirfry all of the vegetables. Add the liquid and the meat and stir well for a minute. Serve hot with rice.



1972: Charles, Mom and me in Charles' room that we just painted in our Willis Lane home. Photo Courtesy of Betsy Long

sure included Jimmy Siegal, were walking up the hill again at the same exact spot and we decided to be wild and hitchhike which I'd never done before because my parents always told me not to do it but I was in a group and figured what the heck! We were walking towards the hill with our thumbs up and we heard a car pull over behind us. We were so excited! Our first ride! We turned around and it was Mom in our gold station wagon, LOL! Busted!! That was the end of my hitchhiking career, LOL!

#148 Black-Eyed Peas & Rice

Event planning has been a large part of my personal life and business career. This is a little long and appears somber at first glance; this is a fun homage to my event planning roots and our Nany's gumption. - Just before Christmas 2000, I got a call from Dad that Nany, his mother in Texas, was in the ICU in San Antonio and things weren't looking well for her. He and Mom were producing a conference and couldn't get there right away. I went ahead of them to be her primary medical advocate. After her husband died in 1994, I worked hard for us to have a great relationship. When I arrived at the ICU, I was crestfallen when I saw her laying there. Her hair that she was always so proud of was matted, and at the foot of her bed, there was a tent above her feet. I asked the nurse why and she said that my grandmother's toenails had not been cut in over 6 months, were infected and she was no longer able to walk. I was devastated! She had caregivers that we had been paying and they were even living in her house and didn't take care of her. I know that I owe a lot of my strength of character and pride to Nany, and when I found this out it just empowered me to protect and care for her the best I could.

I told Mom and Dad what was going on and they had an attorney remove the caregivers from the house. FYI, we found out later that the caregivers had been taking checks that Nany signed for supplies and added numbers onto them, stealing money, as well as they stole most of her good jewelry in the house. Since it was Christmas, even knowing her waning condition due to advanced COPD

Black-Eyed Peas & Rice

Note: this has to be started the night before serving

1 cup dried black-eyed peas
4 cups cold water
1/2 pound bacon cut into 1 inch squares
1 onion chopped finely.
1 cup uncooked rice
2 additional cups of water
1 teaspoon salt
Dash of pepper
Dash of Tabasco sauce

Carefully check the peas to make sure there are no little rocks and rinse the peas off. Put them in a large pan, cover them with water and let them soak overnight. Drain. Add 4 new cups of cold water and simmer 1 hour. Add the bacon and onion and cook until most of the moisture is gone. In the meantime cook the rice in the 2 cups of water. Put the beans and rice together and add the salt, pepper and Tabasco. Stir well.



Nany holding me when I was three weeks old in May, 1956 at our house in Long Branch, NJ.
Photo Courtesy of Betsy Long

complicated by severe Emphysema, she wanted to make sure that she was socially correct. All Christmas cards had to be sent out before 5 PM on 12/22. She had me bring her address book and I filled out all of her cards and marked who we sent to and got them in the mail by 4:30 on 12/22. Whew! The next day, 12/23, before my parents arrived from the airport, she told me that she planned to die on Christmas Eve day because it was the day after her mother had passed (12/23) and the day before her husband's birthday, 12/25. She also told me that she wanted me to prepare the house for when she would be brought there the next day. I was to have her fake aluminum Christmas tree up with decorations and have her dining room table set up for receiving guests. There was to be poinsettias with black bows and cookies on

(Continued on next page)

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#148 Black-Eyed Peas & Rice Continued

trays, which is what she had done when her mother passed. She also made me promise not to leave her alone at the viewing. At the time I just said sure, not really thinking about it.

That next morning, 12/24, I stayed at the house while my folks went to the hospital. WE had been told that she would be brought home around 3pm so I was tidying up the house since I had been living up at the hospital all week. But her condition started to worsen and I got the call right after they arrived at the hospital that they were coming now with her. I scrambled to find and get up the tree. I just decorated the front, even bending over to figure what one could see from a gurney in the front hallway. Then I found black hem lace that I made into bows and taped onto poinsettias, grabbed paper plates that I threw crackers on and put it all on the table just as they were wheeling her in. Another whew!

Mom, Dad and the driver went to prepare her bedroom to bring in her gurney. She looked at me standing there by the tree and she smiled and gave me a weak thumbs up. I was so glad I got it done in time! I walked over to her and she squeezed my hand. That night she did pass away, but in her normal ornery way, they had to call it seven different times because every time they did, about 20 seconds later, she would take another deep breath. It was like she was saying, it's over when I say it is, LOL!

Several days later, we had the viewing and it was sleeting and snowing outside. I kept my promise not to leave her alone and I stayed with her open casket in the viewing room all day. My family was there for a while, then went back to work on arrangements at the house so I was there by myself. Then a friend of my grandmother came in that I had never met before. She asked me, 'Are you Betsy May, her oldest granddaughter?'. I said I was and she said that she had a message for me from my grandmother. Nany asked her to tell me that she had left me a message in a Bible and that it was very important for me to find it. I told her thank you and couldn't wait to get back to the house because I was so curious. When I got back, I didn't want to alarm anyone so while they were talking about the arrangements for the service, I went to the big leather bound 1903 family Bible in the living room, but no note there. I started checking in all of her bookshelves for a Bible with a note and could not find one. And then I remembered, they said she couldn't walk anymore and realized that it must be a Bible that was near her bed. I went in and found a paperback New Testament on her windowsill by her bed and there it was! A little yellow note to me with her instructions for her funeral - what she should be wearing, what hymns should be played in what order, who should speak, what Bible passages to read and who to contact for the police escort to the Fort Sam Houston Cemetery. I took it out to my family and told them they could stop planning for her because even now, she had planned her own event, LOL! Love you, Nany!

#149 Asian Pear Jam

My sister Margie and I were speaking today about a valuable life lesson that we learned together that has served us well so I thought I would share it. In March of 2013, we moved our father into the Masonic Village in Elizabethtown, PA, and we had to sell the house that they had built in Rhode Island. It was a daunting task that took longer and it was much more difficult than we had hoped. Besides a packed 2 story house, there was an attic, basement, studio and 4 storage areas packed to the seams. Siblings and friends had been coming up and helping, but at this particular time, it was just Margie and me. We were hauling ass trying to work as hard and fast as we could to meet the buyers deadline. We were tired and the weather was still coming out of winter. We were on our third industrial size dumpster that we were filling in the lower driveway behind the house. As we were filling it, sometimes we had to go back along the side of it to adjust things from the top side. To get there, we had to go between the dumpster and a bush that had not started growing any leaves yet so the branches were very scratchy and it got worse as they started breaking as we'd go back-and-forth. We were getting scratched up constantly.

This just added to our tiredness and stress and frustration, and finally one day, we had both just had it. We chopped that bush back and declared "No more broken branches!". From then on, instead of it taking extra time and care to slide through between the dumpster and the bush, we could just walk through without even going sideways and it really made it a delight!

Since then, we have both worked very hard to identify broken branches in our tasks and projects, things that make a task harder than it needs to be and if we just make a small adjustment, we can make it a lot easier. And in the case of the original issue, the bush bounced right back and was full and green the next month, so everybody won! We hope our battle cry may be of help to you someday :-)

Asian Pear Jam

Makes 2 1/2 pints

8 red pears, peeled, cored and chopped fine
4 cups sugar
4 ounces of crystallized ginger or fresh ginger, chopped or grated finely

Run ginger through a blender or be sure it is very fine. Cook all ingredients for 30 minutes, stirring frequently. Pour into sterile jars and seal. Delicious on scones, biscuits and rice crackers or other items that allow the delicate flavors to come through.



Fall, 2012 when we first started the "downsizing" in preparation of the eventual sale of the house. This is Margie and Charles tossing Dad's New Braunfels smoker that had a rusted out bottom off of the back porch into a dumpster below.

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#150 Zabaglione (Italian dessert)

Mom and I started our catering business in the early 1970s. I moved out to California in May, 1975 and Mom continued the business with some friends of hers, Dad sometimes and my sisters, Margie and Mary Anne until the end of 1976. My sister Margie had reminded me of this incident with Dad and earlier this week, I decided to write about it this weekend. In December, 1976, they were catering an event at an apartment complex near Old Eagle School Road and Lancaster Avenue in Stratford, PA. When you first drove into the complex, you immediately saw a wall of stones because the front drive was actually cut into a hill. As soon as you drove in you would go to the right or left in front of this stone wall and it both sides curled up to the top of the hill to the main building. It included their party room where we did a lot of catered events. The complex was having their holiday dinner party and Mom, Dad, Margie and Mary Anne were all there working the event. Dad was going to be the bartender for the evening and since it was a fancy event, he had worn a tux. He was setting up the bar and realized that he had forgotten some drink mixers in the car. He ran out of the building but there was no lighting so he went the direction that he thought would take him to the parking lot. Unfortunately, he went the wrong direction and stepped right off the edge of the hill and onto the main entrance driveway in front of the stone wall, breaking his ankle. He was found and taken to the emergency room. As I mentioned, I had already planned to do this story this weekend and then I opened the mail today and got a big surprise! My high school friend Diana Gent Zak coincidentally sent an article she found that appeared in the Suburban and Wayne Times in 1986 in which Dad made the following quote as he recounted this exact incident: "I was running out to the car to get one more round of mixers for the party we were catering," Alton said. "When we got to the hospital, the doctor and I were both wearing tuxedos - it was a formal leg setting. " Very funny, Dad, LOL! Thank you, Di!!

Zabaglione

(Italian dessert)

4 egg yolks
3/4 cup sugar
1/2 cup marsala

Heat in top of double boiler over boiling water until thick. Beat over ice until cold. Eat as it is in small serving dishes or spoon over cake, ice cream or custard.



MAKING BIRDMAN PHOTO
POTTERY is just one of the many projects Dorothy and Alton Long have undertaken. Here they stand with a display of a wide variety of pieces.

From the Suburban and Wayne Times on Thursday, August 7, 1986 article titled "Strafford couple's talents give them and others pleasure" about our parents, Alton & Dotty Long.

Photo Courtesy of Betsy Long

#151 Cornbread

I was flipping through my photo albums and I saw this picture which made me laugh. In order to wear this dress, because of my ample chest area, I had purchased an expensive bustier, which is a bra that actually goes down to the waist so there is no bra line showing. I had to special order it because I needed a 48 DDD. And it was particularly notable because the cups were a little on the pointy side so I even found it a little intimidating, and when I put it on I almost felt like I was wearing armor, LOL! One Friday morning, a friend of mine from work was going to pick me up down the road because he passed by there daily. I remembered as I was running out that friends and I were going straight up from work to the city (San Francisco) to go out dancing that night. I was planning to wear a black formfitting dress and wanted to wear that bustier so I grabbed those two items and shoved them in a bag that I threw over my shoulder. I ran out the door and down the street through the nice neighborhood in Campbell that I lived in. I didn't want to hold him up by being late. I got there in time and we went to work. Then I realized as I was getting out of the car that the dress was in my bag, but somehow I had lost the bustier! Now when I see pictures where I know I was wearing it, I giggle thinking about someone finding this very large piece of under clothing in the middle of a very nice neighborhood just hanging out by the side of the neighborhood road. And also knowing, somewhere out there, someone else is telling the other half of this story to someone, about the day they found this unusual under clothing out of the blue and always wondered how it got there and who it belonged to, LOL!



1992 - Me at a Las Vegas promotional event, wearing my bustier underneath.

Photo Courtesy of Betsy Long

Cornbread

1 cup flour
1 cup yellow cornmeal
4 teaspoon baking powder
1/4 cup shortening
2 eggs
1 cup milk
1/4 cup sugar
1/4 teaspoon salt

Stir all dry ingredients together. Add wet ingredients and beat just until mixed; no longer than one minute. Pour into greased 9 in. square or pie pan or use greased corn stick pans and bake at 425° for 20 to 25 minutes. Bacon fat may be used as the shortening or crumbled bacon may be used as a topping just before baking. More options: can replace half of the milk with a can of creamed corn; can add or top with diced green onion; can add diced jalapeños and/or add a little salsa to spice it up.

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

#152 Pizza Fondue

We often went up to Maine in the summertime. When I was young, we stayed in a house call Grey Gulls at Southwest Harbor. I can still remember the smell of the wood walls in that house, and I was amazed that the outdoor trashcan was in the ground so the raccoons wouldn't get it. One night we did just set our lobster shell trash out the back door and we learned the hard way as we picked up lobster shells all over the yard that you have to use that garbage can, LOL! One summer our brother Charles and I had gone down to the rock beach below us and found a wooden crate. We decided it would be fun to collect starfish so we put them in the crate with sea water and when we got called for dinner, we brought the crate up to the house and left it outside. The next morning we went out to see our "pets" and they had either all crawled out or (more likely) were a midnight buffet for the raccoons overnight. Oops! It was so magical at Grey Gulls. There was a small pier near us and for dinner we would just walk down the rock path to the pier, pick out our lobsters and then go back down a half hour later to pick them up freshly boiled! It was really great.

In the 1980's, Mom and Dad rented a place up at Prouts Neck which we went to several times over the years. We stayed in a building that was owned by the painter Winslow Homer's family. We were upstairs and there was a little general store and post office below us. One summer Mom's sister, Aunt Margie, and her family joined us.

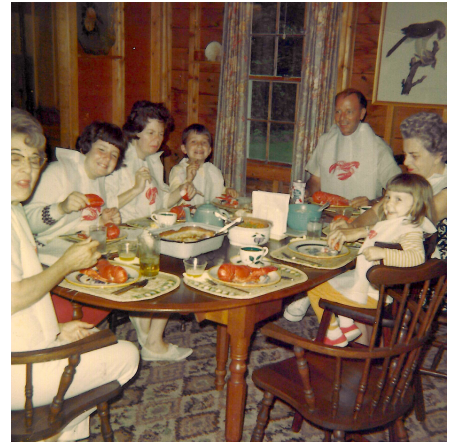
Here's a story in her words from Aunt Margie that she just shared with me about that trip that I never knew, LOL!

From Aunt Margie: "We went sand dollar hunting in the little bay below the house and got oodles of sand dollars. We had lobster for dinner after your Mom and I had a race with the lobsters in the kitchen. The next morning the two of us got up early because we knew there was just enough lobster meat left for a two person omelet. By the time the rest of you got up we had cleaned up all evidence of our breakfast feast. In the afternoon we played Oh, Hell! (card game) and we rigged it so that Bill (my son, aged 8) won with an almost perfect score. He was so proud."

It was so cool to hear a story I had never heard before about the masters of monkey business, Mom and Aunt Margie, LOL!

Pizza Fondue

1/2 pound Italian sausage or ground beef or turkey (optional)
1 onion chopped
2 cups tomato sauce or purée
1 tablespoon cornstarch
1 1/2 teaspoon fennel seeds, optional
1 teaspoon oregano
1/4 teaspoon garlic powder or finely diced fresh garlic



Us at Grey Gulls around 1966: from left - Nany (Dad's mother from Texas), me, Mom, Charles, Sandpa (Nany's husband), Grandmother (Mom's mother) and Margie eating freshly boiled lobsters from the pier. The other photo is Mom, Aunt Margie and her son Bill (who 'won' the game) from the 1980 trip Aunt Margie talked about. Photo Courtesy of Betsy Long



#152 Pizza Fondue Continued

1 cup grated cheddar

1 cup grated mozzarella

Dipping items of your choice: cubed French or sourdough bread, cubes of ham or salami, cubes of parmesan or romano cheese, 1" squares of bell pepper, fresh mushroom halves, pineapple chunks, olives

Brown the onions with a little butter. Cook and drain the ground meat or sausage if you choose to add it. Mix the cornstarch with the tomato sauce thoroughly and then add it along with the spices to the onion and meat. Season to taste. Adding a little red wine is optional. Blend in the cheddar and heat in the fondue pot. Sprinkle mozzarella on the surface as needed. Provide fondue forks or bamboo skewers and set out all of the shipping items so guests can determine what all they would like to enjoy. People might enjoy building a small shish kebab of dipping items on one skewer and either dipping it into the sauce or using a small ladleful over it.

#153 Sally Lunn Bread*

- I had an opportunity to share a story that means a lot to me with a friend recently and thought it might be helpful to mention it here. It comes from a book called "The Way of the Peaceful Warrior" by Dan Millman. This is a synopsis of it. An old monk and a young monk came to a riverside. There were two old women there complaining about how fast the water was moving and how high it was and they did not know how they were going to get over it. The older monk offered that they would carry the two women on their backs to the other side. The monks lifted the women up on their shoulders and carried the women over to the other side. The whole time, the two women kept complaining about how they were getting wet and that the monks needed to hurry up. When they got over to the other side, the monks let them down and the two women rushed away to the left, never saying thank you and just complaining about their trip across the river. The monks turn to the right and walked down along the path, with the young one muttering and complaining under his breath about the woman he had carried. After a while, the old monk stopped, turned to him and asked him what was wrong. The young man said that he could not believe that he had carried that woman over the river and yet she only complained and left never having said thank you! And the old monk replied, 'I stopped carrying mine, why are you still carrying yours?'

This story really changed how I look at things. Things that I used to let bother me, eat away at me and cause me any stress, things that I cannot change, now I just let go. That negative energy is just a loss of effort and time. I guess in a sense it relates back to that story I mentioned from the TV show Alone, about making choices to use your time to serve your life the best. Just thought I would share this since it has been a good tool in my mental toolbox :-)

Sally Lunn Bread*

1 cup milk
1/2 cup shortening
4 cups flour
1/3 cup sugar
2 teaspoon salt
2 packages dry yeast
1/4 cup warm water
3 eggs

Heat together the milk and shortening. In a large bowl, mix 1 1/3 cups of the flour with the sugar and salt. Dissolve the yeast in the warm water. Blend the milk and yeast into the flour mixture at medium speed for two minutes. Then alternate eggs and the rest of the flour while beating at high speed for three minutes. Cover and let rise until double, about 1 1/4 hours. Beat dough down and turn into greased tube or Bundt pan. Cover and let rise again 1/3 to 1/2 in size, about 30 minutes. Preheat oven to 350° and bake for 40 to 50 minutes. Let cool, turn over and dump out of pan.



My happy place - Point Lobos, Carmel-by-the-Sea, CA in May, 2006 for my 50th birthday. Mom, me, Dad and Patti on the trail to China Cove; the other is an overview of China Cove. Photo Courtesy of Betsy Long



*I was curious about the name "Sally Lunn". It is believed to be from a young Huguenot refugee who was a baker named Solange Luyon. He had escaped to Bath, England in 1780 and started a bakery where he created this amazing spongelike light bread. His name became pronounced as Sally Lunn over time. The location is still there in Bath.

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Cuisine Origins for Recipes

African: Baked Bananas #47, Chicken in Peanut Sauce #52, Vegetables & Eggs with Rice #76, Iced Melon Balls #175, Peanut Soup #188

American: Cheese Strata #2, Chocolate Brownies #3b, Goldenrod Eggs #6, Popovers #9, Warm Spinach Salad #17a, Cold Spinach Salad #17b, Monkey Bread #17c, Grasshopper Pie #23, Pineapple Upside-Down Cake #32, Hush Puppies #36, Lobster Newburg #37, Cranberry Wine Punch #38, Candied Parsnips #43, Chicken Tetrazzini #46, Baked Beans #47, Cheese Straws #56, Planter's Punch #58, Smoked Oyster Roll #63, Fresh Fruit Salad Boat #67, Cheddar Olive Balls #69, Brussels Sprouts with Chestnuts #71, Eggs Benedict #72, Strawberry Rhubarb Pie #77, Hot Parmesan Delights #80, Corn Pudding #83, Brownstone Front Cake #84, Boston Brown Bread #88, Golden Fruit Punch #89, Funny Cake Pie (PA Dutch) #95, Red Wine Punch #99, Corn Fritters #101, Best Ever Apple Crumb Pie with No Roll Crust #102, Pecan Pie #113, Cranberry Orange Sauce #116, Apple Bake #118, Cheese-Caraway Loaf #122, Baked Ham & Cheese Nibbles #144, Black-Eyed Peas & Rice #148, Cornbread #151, Cheddar Cheese Pie #157, Apple Crisp #159, Blueberry Pie #163, Pineapple Spread #165, Creamed Dried Chipped Beef on Toast #168, Foolproof Chocolate Fudge #169, Chicken Salad #172, Pennsylvania Dutch Green Beans with Onions #177, Barbecue Sauce #181, Cracked Wheat Bread #185, Pennsylvania Dutch Special Coleslaw #190

Chinese: Ginger Beef with Broccoli & Mushrooms #8, Eggrolls #14, Fried Rice #21, Fried Wontons #35, Shrimp Toast #48, Egg Drop Soup #55, Egg Foo Yung #61. Ginger Chicken with Snow Peas #74, Napa Cabbage with Crab meat Sauce #85, Sweet & Sour Pork or Chicken #91, Glazed Nuts #92, Egg Noodles #111, Sweet Peanut or Apricot Turnovers #136, Asian Fusion Fruit Compote #138, Shrimp Balls #139, Peking Dust #145, Szechuan Chicken/Pork/Shrimp #147, Asian Pear Jam #149, Triple Delight Soup #154, Bean Thread Soup #170, Velvet Mushroom Soup #178, Chinese Meatballs #182

English: Hot Mulled Cider #64, Plum Pudding #117, Hard Sauce #118, Beef Stew #123, Chess Pie #133, Tea Sandwiches #183

French: French Onion Soup #1, Oven-Roasted Asparagus with Hollandaise Sauce #10, Tarragon Chicken #12, Glazed Carrots #24, Broccoli Beurre Noir #33, Strawberry Mousse #40, Baked Tomatoes with Cheese Souffle #41, Coquilles Saint Jacques (Scallops) #42, Brown Butter Almond Sauce #45, Chocolate Fondue #50, Crepes #57, Pralines #59, Cream Puffs #62, Meringue Cookies & Shells #65, Quiche #68, Bananas Flambe #72, Clam Chowder #79, Bordelaise Sauce #82, Curried Chicken Souffle #90, Pear Salads #104, Cheese Fondue #108, Thin Chocolate Icing #109, Cheesecake Supreme #110, Seasoned Poached Fish #121, Chocolate Chiffon Pie #124, Vinaigrette Dressing #130, Eggs Mornay #134, Coq Au Vin #137, Berry Sorbet #143, Sally Lunn Bread #153, Green Beans Almondine #162, Crepes Louise #179, Dessert Crepes #187, Low Calorie Savory Crepes #189

German: Snickerdoodles #7, Apple Nut Torte #16, Horseradish Sauce #60, Warm Potato Salad #97, Sweet & Sour Cabbage #105, Beets & Onions Salad #135, Bauernfruhstuck #142, Munich Pork Chops #156, German Cheese Truffles #171, German Lentil Soup #186

Indian: Chicken Curry #4, Curry Sauce #45, Dried Fruit Chutney #60, Mint Chutney #115

Irish: Corned Beef & Cabbage #119

Italian: Stuffed Mushrooms #5, Raspberry Vinegar & Walnut Oil Salad Dressing #44, Garlic, Oil & Cheese Salad Dressing #44, Tomato Sauce #45, Egg Frittata #51, Pizzettes #78, Stuffed Zucchini #86, Coffee Ice #114, Lasagne #126, Fried Eggplant #140, Classic Italian Salad Dressing #146, Zabaglione #150, Pizza Fondue #152, Garlic Bread #155, Marinara Sauce #167, Minestrone Soup #178

Japanese: Tempura #112, Tempura Sauce #128, Artichoke Nibbles #161

Mediterranean: Dill Pickles #13, Hummus Tahini #20, Spanakopita #25, Rice Pilaf #27, Baklava #29, Shish Kebab #32, Artichokes with Curry Dip #75, Chicken with Scallions #94, Kofta Kebabs #100, The Emir's Jewels Salad #107, Lamb Spare Ribs #41, Spanish Cocoa Cake #164, Syrian Bread #173, Fresh Berry Sherbet #184

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Mexican/Central America: Guacamole #15, Enchiladas #22, Mexican Rice #30, Mashed Sweet Potatoes #53, Flan #54, Hot Cheese Dip #96, Enchilada Sauce #98, Chili con Carne con Frijoles #120, 3 Bean Salad #121

Native American: Hazelnut & Wild Rice Stuffing #103, Pinon Nut Soup #125, Roasted Peppers & Squash #127, Buckskin Bread #129

Polish: Cucumbers & Radishes in Lemon Sour Cream #93

Polynesian: Sweet & Sour Chicken Wings #19a, Sweet & Sour Spare Ribs #19b, Chicken Glass Noodles #26, Mahi-Mahi Fish with Almonds or Macadamia Nuts #28, Beef Teriyaki #66, Marinated Scallops #70, Luau Punch #81, Fresh Pineapple Picks #87, Caramelized Honey Pineapple #132, Crab Rangoon #158, Mai Grog Drinks #160, Toasted Fresh Coconut #180

Scandinavian: Thumbprint Cookies #11, Swedish Meatballs #39, Scalloped Potatoes & Anchovies #174

Scotch: Butterscotch Bars #3a, Orange Marmalade #34

Southeast Asian: Banana Bread #18, White Fish with Mango & Lime #106

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Menu Ideas (See Index in back for full recipe list)

Brunch:

Goldenrod Eggs #6 or Quiche #68 or Curried Chicken Souffle #90, Cold Spinach Salad #17b with Glazed Nuts #92, Raspberry Vinegar & Walnut Oil Dressing #44, Butterscotch Bars #3a or Chess Pie #133 or Berry Sorbet #143

Egg Frittata #51 or Eggs Benedict #73 or Eggs Mornay #134 or Creamed Dried Chipped Beef on Toast #168, Warm Spinach Salad #17a or Pear Salads 104, Cheese Strata #2, Apple Nut Torte #16 or Pecan Pie #113 or Fresh Berry Sherbet #184

Tarragon Chicken #12 or Bauernfruhstuck #142, Popovers #9, Orange Marmalade #34 or Asian Pear Jam #149, Asparagus with Hollandaise Sauce #10 or Brussels Sprouts #71 or Corn Fritters #101, Bananas Flambe #72 or Plum Pudding #117

Lobster Newburg #37 with Low Calorie Savory Crepes #189 or Tempura #112 & Tempura Sauce #128, Rice Pilaf #27, Baked Tomatoes with Cheese Souffle #41, Strawberry Mousse #40 or Cheesecake Supreme #110 or Coffee Ice #114

Picnic: Hummus Tahini #20, Shish Kebab #31, Cold Spinach Salad #17b or Cucumbers & Radishes in Lemon Sour Cream #93, Beets & Onions Salad #135, Tea Sandwiches #183, Hush Puppies #36 or Boston Brown Bread #88 with Pineapple Spread #165 or Cheese-Caraway Loaf #122, or Cracked Wheat Bread #185, Pennsylvania Dutch Special Coleslaw #190, Dill Pickles #13, Barbecue Sauce #181, Chicken Salad #172, Butterscotch Bars #3a, Chocolate Brownies #3b or Brownstone Front Cake #84 or Best Ever Apple Crumb Pie with No Roll Crust #102 or Apple Crisp \$159 or Blueberry Pie #163 or Foolproof Chocolate Fudge #169

Dinner:

African: Chicken in a Peanut Sauce #52, Peanut Soup #188, Vegetables & Eggs with Rice #76, Baked Bananas #47, Funny Cake Pie #95 or Iced Melon Balls #175

Chinese: Shrimp Toast #48 or Eggrolls #14, Chinese Meatballs #182, Egg Drop Soup #55 or Triple Delight Soup #154 or Bean Thread Soup #170 or Velvet Mushroom Soup #178, Ginger Beef with Broccoli & Mushrooms #8 or Egg Foo Yung #61 or Ginger Chicken with Snow Peas #74 or Napa Cabbage with Crab Meat Sauce #85 or Sweet & Sour Pork or Chicken #91 or Szechuan Chicken/Pork/Shrimp #147, Fried Rice #21, Caramelized Honey Pineapple #132 or Sweet Peanut or Apricot Turnovers #136 or Asian Fusion Fruit Compote #138 or Peking Dust #145

French: French Onion Soup #1 or Clam Chowder #79, Crepes #57 with Tarragon Chicken #12 or Coquilles St. Jacques (Scallops) #42 or Seasoned Poached Fish #121 or Coq Au Vin #137 or Crepes Louise #179, Asparagus with Hollandaise Sauce #10 or Broccoli Beurre Noir #33 or Glazed Carrots #24 or Green Beans Almondine #162, Sally Lunn Bread #153, Grasshopper Pie #23 or Chocolate Chiffon Pie #124 or Dessert Crepes #187

German: German Cheese Truffles #171, German Lentil Soup #186, Munich Pork Chops #156, Horseradish Sauce #60, Pennsylvania Dutch Green Beans with Onions #177, Warm Potato Salad #97, Sweet & Sour Cabbage #105 or Beets & Onions Salad #135, Snickerdoodles #7 or Apple Nut Torte #16

Indian: Chicken Curry #4 or Fish with Curry Sauce #45, Cold Spinach Salad #17b, Quicky Monkey Bread #17c, Rice, Condiments (#4), Fresh Pineapple Picks #87, Dried Fruit Chutney #60 or Mint Chutney #115

Italian: Minestrone Soup #178, Chicken Tetrazzini #46 or Fish with Tomato Sauce #45 or Stuffed Zucchini #86 or Lasagne #126 with Marinara Sauce #167, Quicky Monkey Bread #24 or Garlic Bread #155, Cold Spinach Salad #24 & Garlic, Oil & Cheese Dressing #44 or Fried Eggplant #140, Strawberry Mousse #40 or Zabaglione #150, Garlic Bread #155

Mediterranean: Hummus Tahini #20 with Pita or The Emir's Jewels Salad #107, Shish Kebab #32 or Greek Chicken with Scallions #94 or Kufta Kebabs #100 or Lamb Spare Ribs #1141, Artichokes with Curry Sauce #75, Rice Pilaf #27,

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Syrian Bread #173, Baklava #29 or Spanish Cocoa Cake #164

Mexican: Guacamole #15 & Hot Cheese Dip #96 & Chips, Enchiladas #22 & Enchilada Sauce #98 or Chili con Carne con Frijoles #120, Mexican Rice #30, Corn Pudding #83, Flan #54

Native American: Pinon Nut Soup #125, Roasted Peppers & Squash #127, Buckskin Bread #129 or Cornbread #151, Hazelnut & Wild Rice Stuffing #103 served with Roasted Poultry or Fish

Polynesian: Sweet & Sour Chicken Wings #19 or Sweet & Sour Spare Ribs #19 or Crab Rangoon #158, Mahi-Mahi Fish With Almonds or Macadamia Nuts #28 or Beef Teriyaki #66 or Marinated Scallops #70, Chicken Glass Noodles #26, Mashed Sweet Potatoes #53, Pineapple Upside-Down Cake #31, Planter's Punch #58 or Luau Punch #81 or Mai Grog Drinks #160, Toasted Fresh Coconut #180

For Appetizers/Party & Sweets/Holidays Suggestions, please go to the Category Index in the back

What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

Recipe Index By Category (By Recipe #)

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		Hot Cheese Dip	#96
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