ARUBA HOME COOKING

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Pleasure to eat

INTRODUCTION

Gathered beneath our cover depicting a solitary Kwigi tree in the Aruba cunucu is a recipe collection compiled through contributions made by housewives residing now or formerly in Aruba. These bits of culinary art are favorites of families and guests — the pride of the kitchens from whence they came. Here they are for us to share and enjoy — to become favorites in kitchens everywhere.

The variety of recipes is based not only on contributions received but also on the availability of certain foods in Aruba. A sauce or combination of spices or seasonings transform an everyday staple into an interesting entree or accompaniment. Our island heritage has afforded us the opportunity to familiarize ourselves with the customs and, fortunately, the cuisine of a cosmopolitan population.

It is with great pleasure we present this book to you. We sincerely hope that it will become a real aid in your menu planning and also a fond souvenir of your many friends and memories of Aruba as they are represented on these pages.

> Cookbook Committee Womens' Guild, Lago Community Church Aruba, Netherlands Antilles

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SOUPS

Good French Dressing

1/3 Cup salad oil
1/3 Cup catsup
1/2 Cup sugar (scant)
1/4 Cup vinegar

½ tsp. salt ½ tsp. paprika ⅓ Small onion (grated) Juice of one lemon

Put ingredients in pint jar and shake well.

Mrs. Stella B. Osborn

French Dressing for Fruit Salad

| 1/2 | Cur | o sugar | 1 | Cup salad oil |
|-----|-----|-------------|---|------------------|
| 1 | tsp | dry mustard | 4 | Tbsp. vinegar |
| 1 | | salt | 2 | " catsup |
| 1 | | celery seed | | Paprika to taste |
| 2 | | onion juice | | |

Chill salad oil in freezing compartment until stiff, (or leave overnight). Also chill a small mixing bowl before putting in the chilled salad oil and then beat. Combine other ingredients and beat until thick. Keep in ice box.

Mrs. J. Rosborough

Come Back Sauce - French Dressing

| 6 Cloves garlic chop | oped | |
|----------------------|------|--|
|----------------------|------|--|

- 2 Cups mayonnaise
- 1/2 Cup chili sauce
- 1/2 Cup catsup
- 2 tsp. French mustard
- 1 Cup Wesson Oil
- 2 tsp. Lea & Perrin Worchestershire sauce

2 Bell peppers (chopped)

½ tsp. paprika Juice of 2 medium onions grated Juice of 2 lemons with 2 Tbsp. water Dash of tabasco sauce Dash of salt

Mix and keep in refrigerator. Lasts indefinitely. Makes 1 quart. Martha Walker

Cabbage Salad Dressing

Mix and bring to boil:

¹/₃ Cup vinegar ¹/₂ Cup sugar 1 tsp. mustard 1 tsp. salt and pepper

Beat 2 eggs and add to hot mixture. Cook until thick and add $\frac{1}{2}$ cup of sour cream.

Amber Ballard

1

Mayonnaise a ma maniere

1 Egg

- 3 Tbsp. oil
- 2 Tbsp. vinegar
 - A dash of salt

- A little pasley and onion, well minced
- A dash of Maggi seasoning

In your double boiler cook yolk of egg with oil and vinegar. Stir constantly and never put pot over direct flame. When yolk is creamy, take the pot off the fire and let cool a little. Stir from time to time. Now you beat the white of egg very stiff and add this little by little to the yolk adding the parsley, onion, salt and Maggi seasoning.

You will see that you get a very light and foamy mayonnaise, quite different from the heavy and oily one you usually buy at your grocery. But there is one thing you have to know about this mayonnaise. You can never prepare it a long time before your meal is to be served. Preparing and serving it at once is the best way, and never put it in your refrigerator.

Elisabeth Hartog

Tomato Soup Salad Dressing

| 1 | Can | tomato soup |
|---|-----|-------------|
| 1 | Cup | olive oil |

- 1¼ Cup vinegar
- 1 tsp. dry mustard
- 1 tsp. pepper

- 1 tsp. paprika
- 2 tsp. salt
- 1/2 Cup sugar
- 1 Onion cut fine
- 6 Garlic cloves cut fine

Let stand overnight. Strain. Use with blue cheese.

Mrs. C. B. Shapley

The baby helped snap beans today, She saved the vaste, threw good away. I thought how patient God must be When I help Him as she helps me.

Yogurt Dressing

1 Part mayonnaise 2 Parts yogurt

Mix well and use on cole slaw - instead of more fattening sour cream. Rectify seasoning to suit. This requires more salt.

Mrs. Chas. K. Scott

Apple Raisin Slaw

| 21/2 | Cups chilled cabbage | 2 | Tbsp. lemon juice |
|------|----------------------|-----|---------------------|
| 1/2 | Cup raisins | 1/2 | Tbsp. sugar |
| 3 | Small red apples | 1 | Tbsp. salt |
| | (remove core) | 3 | Tbsp. salad oil |
| | | 1/2 | Cup evaporated milk |

Mix lemon juice, sugar and salt stirring slowly. Add oil. Then add to milk, stirring until well blended. Chill. Cover slaw, toss with a fork.

Dottie Hermansen's Mother

Avocado Ring with Blueberries

Lightly oil a 1 - qt ring mold with salad oil (not olive oil) and set it aside to drain.

Pour into a small cup or custard cup, $\frac{1}{4}$ cup cold water. Sprinkle evenly over cold water, 1 Tbsp. (1 env.) unflavored gelatin. Let stand about 5 mins. to soften, Dissolve completely by placing bowl over very hot water. Stir dissolved gelatin and blend in, in order:

1½ tsp. sugar 1 tsp. salt Set aside 14 tsp. monosodium glutamate Few grains pepper

Rinse, cut into halves, remove pits and peel 2 medium size ripe avocados

Cut each into several pieces. Force through a sieve into a bowl. Blend in:

1 tsp. grated onion 1/4 tsp. grated lemon peel

1/2 tsp. lemon juice

Blend in the dissolved gelatin mixture and:

1 Cup thick sour cream 1/4 Cup mayonnaise

Turn into the prepared mold. Chill in refrigerator until firm. Shortly before serving, rinse, sort and drain 1 pint blue berries. If using frozen berries, thaw, rinse and drain thoroughly.

Unmold Avocado Ring onto chilled serving plate. Arrange a ring of blueberries around bottom of mold. Heap remaining berries in center of ring. Yields about 8 servings.

Robin Garig

Blessed are those who can give without remembering and take without forgetting.

Bean Salad

- 2 Cups drained kidney beans
- 2 Oz. mushrooms (sliced)
- 1/2 Cup diced onion
- 1/4 Cup well seasoned French dressing
- 1/2 Cup diced green pepper
- 1/2 Cup diced celery
- 1 Cup unpeeled cucumber
- 1 tsp. prepared mustard
- 2 Tbsp. mayonnaise
- 1/2 tsp. salt

Combine kidney beans, mushrooms, onions and french dressing. Marinate in refrigerator for several hours. Place the remaining ingredients in another bowl and just before serving, mix the two together.

Marge Kirkman

On Serving Raw Carrots

- 1 Cup grated raw carrots A few diced pecans 14 Cup mayonnaise
- 1 Cup crushed pineapple

Mix carrots with drained pineapple and pecan meats. Then mix in the mayonnaise. Shape and serve on lettuce leaves.

Mrs. Charles Berrisford

Celestial Golden Salad

- 2 Packages orange jello
- 2 Cups very hot water
- 1 Cup ginger ale

- 1 11-ounce can frozen orange juice concentrate
- 1 11-ounce can mandarin oranges, drained

Dissolve jello in hot water. Stir in the reserved orange syrup, orange juice concentrate, and ginger ale. Chill until thickened; fold in Mandarin Oranges.

Helen Dodge

Frozen Cream Cheese Salad

- 2 Packages cream cheese
- 16 Cup orange juice
- 1/2 Cup confectioners sugar
- 1/2 Cup chopped nuts

- 1 Small can crushed pineapple
- (drained)
- 1 tsp. vanilla
- 1 Bottle Avoset whipped

Mix all ingredients and put in ice tray. Place in the freezing compartment of refrigerator until frozen. Serve on lettuce leaf and top with mayonnaise.

Betty C. Himes

Molded Cheese Salad

- 1 Pkg. lemon jello
- 2 Cups boiling water
- 1/2 Cup heavy cream, whipped
- 1 Cup chopped walnuts
- 1 Cup grated American cheese
- 1 Cup canned crushed pineapple

1/2 Cup sliced stuffed olives Cooked salad dressing

Dissolve jello in boiling water and chill until it begins to thicken. Whip until fluffy and fold in next 5 ingredients. Pour into a ring mold or individual molds and chill until firm. Serve with dressing. Serves 8.

Mrs. R. F. Martin

Chicken Salad

Boil and cut fine:

1 - 21/2 - 3 lb. chicken

Chop and add:

- 4 Medium apples
- 4 Sour pickles

4 Boiled eggs

Mix all ingredients and add:

1 Cup chicken fat Salt and pepper to taste

Add:

1 Cup finely chopped pecans Store in refrigerator overnight. Makes about 2 quarts.

Mrs. R. C. Busacker

Jellied Chicken Salad

- 2 Tbsp. Knox gelatin
- 1/2 Cup cold chicken broth, or water
- 1 Cup boiling chicken stock (can use part water)
- 2 Tbsp. lemon juice

- 1 Cup whipping cream
- 3 Cups cold diced chicken
- 1 Cup celery, diced
- ²/₃ Cup sliced stuffed olives Salt to taste
- 1 Cup mayonnaise

Soak gelatin in cold water for 5 minutes. Dissolve in boiling stock. Cool and add lemon juice and mayonnaise. When it begins to thicken, add cream, whipped stiff; then add other ingredients, and pour into mold to chill.

This is better if made the day before you plan to use it. Refrigerate all night.

Mrs. Annie M. Cortner

Moisten with Miracle Whip

2 Medium Irish potatoes

1 Cup celery

1 Small onion

Cranberry Salad

- Pound raw cranberries
- 1½ Cup sugar 1-7 Oz. can pineapple
- 1/4 Cup chopped celerv
- 1 Cup chopped pecans
- 1 Orange (juice)
- 1/2 Orange rind, ground
- 1 Cup hot water
- 2 Pkgs, Royal gelatin

Let sugar stand on cranberries for some time. Dissolve gelatin in hot water. Add other ingredients and chill in mold. Serves 8.

Martha Walker

To make one little yellow grain Requires the sun and the rain, The hoarded riches of the sod - and God.

Cucumber Salad

- 2 Cucumbers
- 2 Tbsp. vinegar
- 2 Tbsp. Wesson oil

1 Small leek Mustard, pepper and salt

Peel cucumber and cut in thin slices. Mix all the other ingredients together and stir. Then add the cucumbers. If you like you can add a hard cooked egg.

Mrs. N. P. Schindeler

Dutch Herring Salad

6 Salt herring

- 2 Hard boiled eggs
- 2 Grated apples
- 1 Can red beets
- 2 Large onions chopped

2 tsp. oil 1 Cup vinegar 2 tsp. sugar 2 Bay leaves 2 Peppercorns

Soak the herring overnight in cold water, clean, heads off, bone, chop fine. Let vinegar, sugar, bay leaves, and peppercorns come to a boil and cool. Mix all ingredients together; pour the vinegar mixture over all. Let the salad set overnight.

Beatrice M. Ewart

Emerald Salad Ring

- 1 Pkg. lime jello
- 3/4 Cup hot water
- 1/4 Cup cold water
- 1 Envelope unflavored gelatin
- % Cup unpeeled, grated

cucumber

- 2 Tbsp. grated onion
- 1 Cup mayonnaise
- 1 Cup cottage cheese
- 1/4 Cup slivered almonds

Dissolve unflavored gelatin in cold water. Dissolve lime jello in hot water, Add unflavored gelatin and stir until dissolved. Cool. When it begins to set, stir in remaining ingredients. Place in ring mold or individual molds to set. Serve on lettuce. Garnish with fresh parsley and whole almonds. Serves 8.

Mrs. Tom Lucas

Jesus departed from our eyes that we might find Him in our hearts.

Frozen Salad

3 Pkgs. cream cheese

- 1/2 (1/4) Cup mayonnaise
- (about, according to taste)
- 1/4 Cup powdered sugar (about)
- Cup whipped cream (you can whip if you want to; if you use avoset you can put in without whipping)
 Can fruit salad (drain
 - throughly)

Put cream cheese in bowl and add powdered sugar, work in well, cream together and then add whipping cream, then can of fruit salad; put in refrigerator pan in freezer overnight to freeze. (You can also put in marshmallows if you want to, cut these up small and put in with fruit salad so they will melt down and drain. You could also add can of crushed pineapple to the fruit salad, then add 1 more package cream cheese. I usually put in some cherries which makes it more colorful.

Mrs. Tom Lucas

Fruit Salad

1 Can crushed pineapple (drained) 5 Tbsp. mayonnaise 2 Tbsp. sugar Dash of salt

- 4 Large bananas
- 11/2 Cups marshmallows bits

Mix together all ingredients. Chill but do not freeze. This is very good with roast beef, pork, ham or chicken or can be used as dessert.

Mrs. Chas. K. Scott

Party Fruit Freeze

Mix 1 - 8 ounce package cream checes with 1 cup mayonnaise; blend well, Add 2 tablespoons confectioners' sugar, 1 cup drained pineapple tidbits, 1 cup chopped apricots, $\frac{1}{2}$ cup chopped maraschino cherries, and a few drops of red coloring. Fold in 2 cups miniature marshmallows and 1 cup heavy cream whipped. Freeze till firm.

Mary Jopling

Frozen Fruit Salad

Cook together till slightly thickened: 2 or 3 beaten egg yolks ½ Cup vinegar ½ Cup sugar

Add the following fruits as desired, cut to bite size:

Peaches Pineapple chunks Apricots Royal Anne cherries Pears Marshmallows, as desired

Mix fruit with the dressing and freeze. Keeps well in freezer or refrigerator. Cover with waxed paper to prevent frost forming on the top.

Joan Anderson

Green Salad

Dissolve 1 Pkg. Lemon jello and 1 Pkg. lime jello in 2 cups boiling water and set aside to cool.

In blender: smooth 1 cup cottage cheese, and add 1 cup mayonnaise, blend both together. Add 1 medium sized cucumber, chopped into pieces, and $\frac{3}{4}$ cup minced green onions. Blend all together till smooth.

Combine mixture and jello. Mold. Serve topped with dab of mayonnaise and maraschino cherry for each serving.

Eve Smith

In having a thousand wives, Solomon probably kept trying until he found one who could sew on a button.

Jello Salad

1 Pkg. lemon jello (or orange) 1 Can apricot nectar

Add water to make two cups. Bring to boiling point. Let partly set and fold in 1 package Philadelphia cream cheese, ⁴/₂ pint whipping cream, (whipped) 14 marshallows cut-up, and 1 can Mandarine orange sections or grapefruit sections.

Mrs. W. G. Beyer

Lime Jello Salad

½ Cup canned milk
1 - 3 Oz. pkg. cream cheese
1 Pkg. lime jello

% Cup hot water 1 Cup fruit cocktail (drained) % Cup chopped nuts

Add milk to cream cheese and blend well. Add hot water to jello. Combine cream cheese mixture and jello. Then add fruit and nuts. Pour into mold and let set overnight. Extra cherries can be added for color.

Mattie Burbage

The milk of human kindness should not be bottled up.

Lime Pineapple Salad

2 Pkg. lime jello

1 No. 2 can crushed pineapple, drained 1 8oz. pkg. cream cheese 18 Marshmallows 1/2 Cup chopped pecans

Prepare jello, using 1½ cups of water. Melt marshmallows and cream cheese in pineapple juice over low heat, then cool. Add this mixture, the pineapple and the pecans to partially thickened jello and let set in the refrigerator.

Frieda Bagwell

Pineapple - Cheese Salad

Boil one can crushed pineapple 5 minutes. Dissolve 1 envelope Knox gelatine in 1 Cup cold water and add to hot pineapple; add ¾ Cup sugar, ½ pound cheese, chopped, ½ pint whipping cream, whipped. Set aside to cool, then chill in refrigerator. Serves 8 or 10.

Esther Monroe

Macaroni Salad (for 36 people)

- 21/2 Boxes elbow macaroni
- 24 Hard cooked eggs
- 2 Large bunches celery
- 4 Cans (little round) Pimentos
- 2 Large green peppers
- 2 Jars sweet pickles
- 2 Onions, chopped
- Quite a bit of salt and pepper
- 1 Jar mayonnaise A little sugar

Boil macaroni, rinse and drain. Mix macaroni while warm with mayonnaise. Cut up 20 eggs and add. Add diced celery, pimentos, diced, peppers, pickles and onion. Pack in large dish. Put in iccbox overnight. Reverse on platter next day. (This salad molds quite nicely) Garnish platter with parsley, eggs, paprika, and pimentos.

Mrs. J. B. M. Van Ogtrop

Marshmallow Salad

1 can (large) crushed pineapple and juice - boil Remove from fire.

Add:

- 1/2 Cup sugar
- 1 Pkg. lemon jello Mix well.

 $\frac{1}{2}$ Lb. marshmallows (cut in pieces)

Add 2 pkgs, cream cheese (allow time to cool). Chill (overnight) 1 large can evaporated milk. Whip milk until stiff and fold into slightly chilled jello mixture. Place in ungreased mold. Sprinkle top with finely chopped nuts. Place in refrigerator for four hours. Serves 10.

Mrs. Peggy Fischer

Molded Pineapple Salad

2 Pkgs. lemon jello

- 1 Envelope Knox gelatine Juice of one lemon
- 1 Can (21/2 cups) crushed
- pincapple, drained 1 Grated carrot
- 1/4 Cup pecans, chopped
- 1 Grated apple

Soften gelatine in $\frac{1}{2}$ Cup cold water; dissolve lemon jello in $\frac{1}{2}$ cups hot water. Add enough water to pineapple and lemon juice to make 2 cups - Mix all together and set aside. (Use 4 cups liquid in all). When partially thickened, add fruit, nuts and carrot. Serve with a dressing of $\frac{1}{2}$ sour cream and $\frac{1}{2}$ mayonnaise. Mary Byington

Broiled Potato Salad

Cook in their jackets: 2 lbs. potatoes.

Peel, dice and mix lightly:

- 1/4 Cup French dressing Salt to taste
- 1/3 Cup sliced green onion

1/3 Cup chopped regular onion

1 Cup celery-cut into crescents

Combine and add:

¾ - 1 Cup mayonnaise

1 tsp. prepared mustard

When well mixed, press firmly into square glass baking dish or any oven-proof dish not more than 2 inches deep. (Optional: sprinkle with shredded sharp cheese). Place under broiler until browned and hot. Watch carefully. Serve in same baking disi, garnish with olives. This may be prepared a day ahead, cover and keep in refrigerator. Heat thoroughly in moderate oven. Broil just before serving. Serves 6.

1 Thsp. vinegar

Rose Jackson

Praise to God the Father good, For daily grace, for daily food; For sun and rain, for harvest blest, For promise of eternal rest. Amen.

German Potato Salad with Sour Cream

- 1 Lb. new potatoes, boiled
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. dry mustard
- 1/8 tsp. pepper

2 Tbsp. vinegar

1 Cup sour cream

1/2 Cup thinly sliced cucumber, optional Paprika

 Slice the potatoes. If new potatoes are used, it is not neccessary to peel them.

2. Mix the sugar, salt, mustard, pepper and vinegar. Add the sour cream and mix. Pour over the potatoes and toss lightly until well coated with dressing. Turn into a serving dish and garnish with a sprinkling of paprika. Serve warm or cool. Yield: Four servings.

> Mrs. Edward Tucker Amber Ballard

Strawberry Jello Salad

- 1 Pkg. strawberry jello
- 2 Cups tomato juice 1 Tbsp. horse radish

1 Can whole shrimp Celery as desired

Thin mayonnaise with horse radish for sauce

Amber Ballard

Molded Tuna & Crabmeat Salad

- 1 tsp. salt and pepper
- 2 Envelopes unflavored gelatine
- 2 Cups milk
- % Cup mayonnaise or salad dressing
- 1 Cup canned flaked tuna
- 1 Cup canned flaked crabmeat (lobster may be substituted)
- 1 Cup chopped celery
- 1/4 Cup minced onion
- 14 Cup minced parsley
- 1/4 Cup chopped pimento
- 3 Hard cooked eggs, chopped Chicory

Mix salt and pepper with gelatin in double boiler. Stir in 1 cup milk; let stand 5 minutes. Place over boiling water and heat to dissolve gelatin. Add remaining 1 cup milk. Gradually add to mayonnaise, stirring till well blended. Combine remaining ingredients. Add milk mixture; mix well. Pour into 6 cup mold. Chill till firm. Unmold. Garnish with chicory. Serves 8. An excellent hot weather dish.

Eleanor Hanlon

Twenty-Four Hour Salad

- No. 2 can pineapple, sliced, drained
- 1 No. 2 can white cherries, drained
- ¾ Lb. marshmalows, diced
- 1/2 Lb. blanched almonds, cut in pieces
- 1 Envelope gelatine soaked in ¹/₄ cup of milk Juice of one lemon
- 4 Beaten egg yolks
- 1 Pt. cream, whipped and sweetened

Mix beaten egg yolks with ½ cup of milk, scald in double boiler. Add gelatin, cool. Add lemon juice slowly. Add marshmallows, whipped cream, fruit and nuts. Refrigerate at least 24 hours.

Serves 15-20 persons.

Jean Branlund

Easy Tomato Aspic

1 Pkg. lemon jello

1 Cup hot water

1 Can Hunt's Tomato Sauce

1½ Tbsp. vinegar ½ tsp. salt Pepper

Dissolve jello in the hot water. Add seasonings and tomato sauce. Pour into individual molds or ring mold, (if it's small). Serves 4-5. Double recipe does nicely in a 5-cup ring mold. Add salad vegetables if desired. For variation, use 1 cup V-8 in place of tomato sauce.

Ruth Collins

Lord Jesus, be our heavenly Guest, Our morning joy, our evening rest, And with our daily food impart Thy love and peace to every heart. Amen.

Tomato Soup and Cream Cheese Salad

1 Can tomato soup 3 Pkg. cream cheese (small)

1 Scant cup mayonnaise

1 Pkg. gelatine 1/2 to 1 cup each - chopped onions, celery, and green pepper

Dissolve gelatin in $\frac{1}{2}$ cup cold water. Heat soup - add cream cheese and stir until dissolved. Remove from heat. Add dissolved gelatin and other ingredients. Cooked shrimp may be added at this time also. Pour into dish or mold and chill until set.

Jeanette Grossman

Tuna Salad

- 1 Pkg. lemon jello
- 11/2 Cups hot water
- 1/2 Cup cold water
- 2 T. lemon juice
- 2 Pimento-stuffed olives
- 1/2 Cup mayonnaise
- 1 Can tunafish
- % Cup celery
- 1/2 tsp. onion
 - Green pepper, parsley

Make jello with hot water; add cold water, lemon juice and mayonnaise, blend. Let set in ice tray one hour. Place in large bowl and beat with mixer. Fold in vegetables, decorate with olives, and set.

Wilma Van de Ven

THE QUEST

Sometimes we wonder Where happiness lies

Is it found on the ocean Beneath the blue skies

Or is it, I ask you, In travel and fame

In love everlasting, Or in a great name?

We search for it, Yearn for it Year after year, And come back to find it Avaiting us here....

In the warm clasp of friendship, The light of a smile....

The cheer of a comrade Which brightens each mile.

Though riches may lure us, And travel may call

In the light of our fireside We're finding our all

Heral G. Phelps