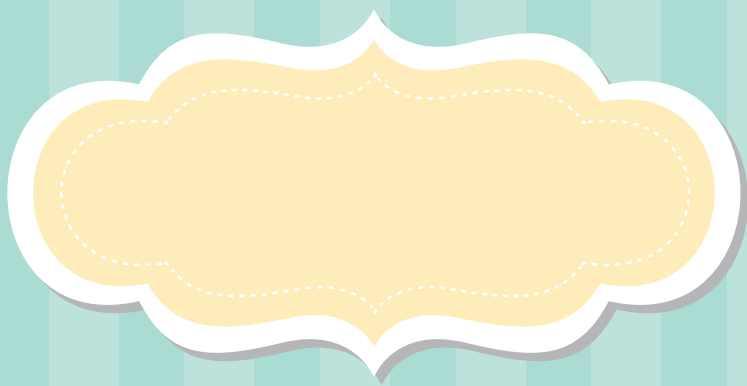


MY FIRST COOKBOOK



By Imperial Sugar

THIS COPY BELONGS TO:



Imperial Sugar's "My First Cookbook" was first published in 1959 and is the company's all-time most popular cookbook. It was updated and republished in 1963, 1967, 1991, 2004 and 2011. More than 1 million copies have been printed since 1959.

Download copies of this cookbook and many other vintage Imperial Sugar cookbooks at www.imperialsugar.com and www.dixiecrystals.com.

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** This recipe first appeared in 1959!*

*** This recipe first appeared in 1916!*

1-2-3-4-GO METHOD

1. Read the Recipe

Read the recipe all the way through so that you know all the things that you will need to do. Ask an adult to explain any steps you do not understand. Ask an adult to teach you how to use all of the appliances in the kitchen.

2. Get Ready

Pull back your hair securely to keep it from falling into the food. Wash your hands. Put all the ingredients you will need near your mixing area. Next, set out all of the cooking tools such as bowls, pans and measuring cups that you will need.

3. Turn on the Oven

Turn on the oven so that it can heat to the temperature recommended by the recipe. When mixing is complete, the oven will be ready.

4. Go!

Now you are ready to begin. Be sure you read our tips on cooking before you start so you can be a successful cook.

TIPS - How to Measure

ALWAYS

- Measure liquids in glass measuring cups. Pour in the liquid to the desired line. Hold the cup even with your eyes to make sure you get the right amount.
- Measure dry ingredients in metal or plastic cups that come in a set with 1 cup, 1/2 cup, 1/3 cup and 1/4 cup.
- Use proper measuring spoons, not the ones you use for meals. Make sure your teaspoon (tsp) and tablespoon (T) measurements are right by leveling the measuring spoon with the straight edge of a knife.
- Set out margarine or butter, eggs and dairy products a few minutes before you begin to cook so that these ingredients come to room temperature. This steps helps make cakes and cookies fluffy and light.



TIPS - How to Handle Ingredients

Flour

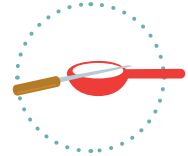
Sift a mound of flour onto a piece of waxed paper. Then spoon it lightly into the measuring cup, being careful not to pack it down. Level off the top with the straight edge of a knife. Set the empty sifter into a mixing bowl and pour the measured flour into it. Except where cake flour is stated, use all-purpose flour in your recipes.



GO! - HOW TO MEASURE

Baking Powder, Baking Soda, Spices, Salt

Measure these ingredients with measuring spoons and level off with the straight edge of a knife. Usually you will put these ingredients in the sifter with the flour.



Imperial Sugar® Extra Fine Granulated Sugar

Spoon sugar, without sifting, into the measuring cup and level off with the straight edge of a knife.



Imperial Sugar® Powdered Sugar

Measure powdered sugar the same way you measure flour.



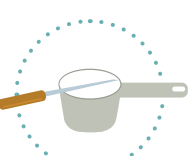
Imperial Sugar® Brown Sugar

Fill the measuring cup with brown sugar. Pack down firmly with a spoon. Add more sugar and push down until the cup is full. Level with the straight edge of a knife. When you empty the brown sugar into a bowl, it keeps the shape of the cup.



Shortening, Margarine or Butter

Pack these ingredients into a measuring cup and level the top with the straight edge of a knife. Butter may be measured by the stick or amounts marked on the stick.



Eggs

Break eggs one at a time into a small cup before adding to a recipe. Bits of shell which might break off can be removed easily from the small cup using a teaspoon. If the whites and yolks are to be separated, do it while the eggs are cold. Eggs are easier to separate when cold.



Chocolate

The fine flavor of chocolate can be spoiled by melting it over direct heat, so always melt chocolate in a double boiler over hot water.



COOKING TERMS FOR BEGINNERS

- **Beat**

Use a large spoon, electric mixer or whisk and mix fast. When you use a spoon, lift mixture with each beat to create a creamy-smooth consistency. If you are mixing by hand, 150 full sweeping strokes around the bowl equals beating 1 minute with the electric mixer.



- **Blend**

Combine several ingredients together until smooth and completely mixed.



- **Cream**

Make a soft, smooth, velvety mixture, usually with shortening or butter and sugar. This term is often used in dessert recipes.



- **Fold**

A gentle way of mixing and one of the most important steps in cake making. Air is what makes a cake light and fluffy, along with baking powder, so air should not be beaten out of a cake.

To fold, pour the dry ingredients on top of the creamy sugar and shortening mixture. Take a spoon or spatula and cut down through the mixture, turning the spoon across the bottom of the bowl and bring it up over the top. Do not raise the spoon completely out of the batter and do not try to fold too fast, or the cake will not be as fluffy.



- **Knead**

Work and press dough with palms of the hands. Turn a little after each push.



- **Mix**

Stir ingredients together.



- **Stir**

Like blending, except the object of stirring is just to mix together thoroughly.



SAFETY IN THE KITCHEN

- **OOPS!**

If something spills on the floor, wipe it up at once. Someone may slip and fall.

- **OUCH!**

Use a potholder in each hand when you take hot pans or dishes from the oven. If you burn yourself, immediately let an adult know and let cool water run on the burn for 5 to 10 minutes. Seek medical attention if necessary.

- **BOOM!**

When cooking on a stove or range, turn the handle of the pan away from the edge so it cannot be bumped.

- **EEK!**

When you plug in or unplug an appliance, be sure your hands are dry. Never leave cords hanging over the counter. Be careful not to overload circuits.

- **OOOH!**

When using a knife or vegetable peeler, always cut away from yourself. Foods needing to be cut should be placed on a cutting board. Cut down, never toward your hand. If you cut yourself, immediately let an adult know. Wash out the cut with cool water and wrap it in a clean bandage. Seek medical attention if necessary.

- **WOW!**

Avoid stinging steam by tipping the pot lid away from you when you raise the cover to check inside a hot pan.

- **S.O.S.!**

Always ask for help or advice if you need it. Before using special equipment, such as blenders, microwaves, electric skillets and electric can openers, ask for permission and for help if you have never used them.

For safety reason, always ask for adult supervision when using appliance in the kitchen.



When You Are Done

Clean off work area and clean all work surfaces. Wash all pots, pans, bowls and utensils. Put everything back where it belongs. Sweep the kitchen. Be sure you have turned off all appliances.

HOW TO READ A RECIPE

- **Bake**

Cook food in the oven.



- **Broil**

Cook under direct heat. This is done by using the broiler setting on the oven.

- **Boil**

Cook in a liquid that bubbles and steams. Bubbles are big and fast.



- **Simmer**

Cook in a liquid over low heat. Bubbles are small and slow.

- **Fry**

Cook in hot oil.



Abbreviations

- **tsp** = teaspoon
- **T** = Tablespoon
- **c** = cup
- **oz** = ounce(s)
- **lb** = pound(s)



TABLE OF MEASUREMENTS



..... 3 teaspoons equal 1 tablespoon



..... 4 tablespoons equal 1/4 cup or 2 fluid ounces



..... 1 stick of butter equals 1/2 cup or 1/4 pound



..... 1 cup equals 1/2 pint or 8 fluid ounces



..... 2 cups equal 1 pint or 16 fluid ounces



..... 4 cups equal 1 quart

CHOCOLATE CHUG-A-LUG

Prep: 10 minutes

- 1 cup water
- 3 Tablespoons Imperial® Extra Fine Granulated Sugar
- 2 Tablespoons cocoa
- 1/8 teaspoon salt
- 3 cups milk
- 1 teaspoon vanilla extract



Makes 1 Quart or 4 cups



You also need...

Medium saucepan, measuring cups,
measuring spoons, large spoon



Saucepan



Measuring Spoons



Measuring Cups



Large Spoon

1. Bring water to boil in a medium saucepan; turn heat down.
2. Mix sugar, cocoa and salt with water. Add milk and vanilla and mix well.

Serve: Pour over ice cubes in a tall, frosty glass or chill and serve in tall glasses with a scoop of ice cream. Also, you can serve hot in a cup with a marshmallow and a sprinkle of cinnamon.

Idea: Put several ice cubes, 2 cups of Chocolate Chug-a-Lug and a scoop of ice cream in a blender. Blend until thick and icy. You can also make hot Chocolate Chug-a-Lug in an electric coffee maker.



OLD-FASHIONED LEMONADE

Prep: 5-10 minutes

- 1 1/2 cups Imperial® Extra Fine Granulated Sugar
- 2 cups freshly squeezed lemon juice (about 10 large lemons)
- 6 cups cold water



Makes about 1/2 gallon



You also need...

Knife, measuring cups, mixing spoon, pitcher



Knife



Mixing Spoon



Measuring Cups



Pitcher

1. Combine all ingredients in a large pitcher.
2. Mix well until sugar is dissolved and serve over ice.

Serve: Garnish with lemon slices.

Ideas: For a party, double or triple the recipe as needed. You can also substitute limes for the lemons.



FUNNY FACE PANCAKES

Prep: 10-15 minutes | Cooking: 20-30 minutes



Makes 4 Lg or 6-8 Med

- 1 1/4 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1 Tablespoon Imperial® Extra Fine Granulated Sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 beaten egg
- 1 1/4 cups buttermilk (or 1 1/4 cups milk plus 4 teaspoons lemon juice)
- 2 Tablespoons melted margarine



You also need...

Sifter, griddle or skillet, small spoon, two mixing bowls, large spoon, measuring cups, measuring spoons, egg beater, spatula



Sifter



Skillet



Small & Large
Spoons



Measuring
Cups & Spoons



Egg Beater



Mixing Bowls

1. Sift flour, baking powder, sugar, salt and baking soda together into a mixing bowl.
2. In another mixing bowl, combine beaten egg, milk and margarine. Add to dry ingredients. Stir until lightly mixed.
3. Heat lightly greased griddle or skillet. With a small spoon, drop batter on hot skillet to make eyes, nose and mouth of a “funny face.” Cook about 1 minute.
4. Then, pour more batter over “funny face” to make a whole pancake. Cook until bubbly on top. Carefully flip pancake and cook until brown. Be careful to not overcook.

Serve: Make Brown Sugar Syrup by bringing 2 cups of Imperial® Light or Dark Brown Sugar and 1 cup of water to a boil. Simmer for 5 minutes. Makes about 1 and 1/2 cups of syrup. Pour over pancakes and serve.

Idea: Instead of a funny face, pour batter into pan to make regular round pancakes, which will yield more pancakes.

1



2



3



4



FANCY FRENCH TOAST

Prep: 10-15 minutes | Cooking: 15-20 minutes

EASY

Makes 4-6 Servings

- 4-6 slices white bread, cut in fun shapes
- 1 egg
- 1/2 cup milk
- 1 Tablespoon Imperial® Extra Fine Granulated Sugar
- Nutmeg (dash)
- Butter

You also need...

Cookie cutter or knife, mixing bowl, egg-beater, measuring cups, measuring spoons, spatula, skillet



Cookie Cutter



Skillet



Pancake Turner



Measuring
Cups & Spoons



Egg Beater



Mixing Bowls

1. Cut bread into fun shapes using a knife or a cookie cutter.
2. Beat egg, milk, sugar and nutmeg together in a mixing bowl.
3. Heat skillet or electric skillet to medium heat. Melt 1/2 Tablespoon of butter in bottom of skillet.
4. Dip both sides of bread into egg mixture.
5. Fry in preheated skillet until golden brown on edges. Then, flip and brown on other side, adding more butter as needed.

Serve: Good served with sausage or bacon and Chocolate Chug-A-Lug (see p. 10 for recipe).

Idea: Tint white corn syrup with red food color and serve over Fancy French Toast.

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BBQ SAUCE

Prep: 15 minutes | Cooking: 20 minutes

Makes 16 Servings

- 1/2 onion, chopped
- 4 cloves garlic, minced
- 1/4 cup orange juice
- 1/2 teaspoon black pepper
- 1 Tablespoon salt
- 2 cups ketchup
- 1/4 cup tomato paste
- 1/3 cup cider vinegar
- 1/4 cup Worcestershire sauce
- 1/4 cup Imperial® Light or Dark Brown Sugar
- 1/8 cup steviacane® or 1/4 cup granulated sugar
- 1/3 tsp hot sauce, or to taste



You also need...

Knife, measuring cups, measuring spoons, cutting board, sauce pan, large spoon



Knife



Measuring Cups & Spoons



Cutting Board



Saucepan



Large Spoon

1. Wash onion, then cut into small pieces.
2. In a medium sauce pan combine onion, garlic and orange juice.
3. Simmer for 10 minutes, or until onion is translucent.
4. Mix in the black pepper, salt, ketchup, tomato paste, vinegar, Worcestershire sauce, brown sugar, steviacane®, and hot sauce.
5. Bring to a boil.
6. Reduce heat to medium low and simmer for 20 minutes.
7. Strain if you prefer a smooth sauce.

Serve: This BBQ sauce is great on beef, chicken or pork.



MEATBALLS AND SAUCE

Prep: 15-20 minutes | Cooking: 1 1/2-2 hours

Makes 4-6 Servings

For Meatballs:

- 1 pound ground beef
- 1 medium onion, chopped
- 2 slices bread soaked in milk
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 large eggs

For Sauce:

- 2 small cans of tomato sauce
- 1 cup ketchup
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 4 teaspoons mustard
- 1 Tablespoon of Imperial® Light Brown Sugar
- 1 Tablespoon red hot sauce
- 4 Tablespoons Worcestershire sauce
- 4 cups water
- Salt and pepper to taste



You also need...

Mixing bowl, knife, cutting board, frying pan, medium saucepan, measuring cups, measuring spoons, mixing spoons

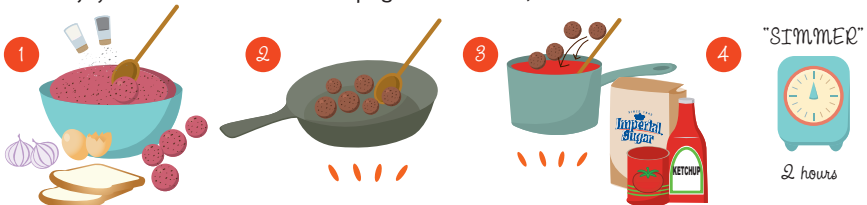
For Meatballs:

1. Chop the onion while the bread soaks.
2. Mix all ingredients for meatballs together in a mixing bowl and shape into ping-pong-sized balls.
3. Place enough vegetable oil in a pan to cover the sides of the meatballs. Once the oil is heated, fry the meatballs on low heat until brown on both sides. When cooked through, place the meatballs on a paper towel to absorb any extra oil.

For Sauce:

4. Mix all ingredients for sauce together in a large saucepan and bring to a boil. Add cooked meatballs.
5. Let simmer for 2 hours, stirring occasionally.

Serve: Enjoy meatballs with cooked spaghetti noodles, a salad and French bread.



WILD WEST BEANS

Prep: 10 minutes | Baking: 80-90 minutes

VERY
EASY

Makes 1 Baking Dish

- 2 cans (28 oz. each) pork and beans
- 1/2 cup chopped yellow onion
- 1/2 cup cola soft drink
- 3/4 cup Imperial® Light or Dark Brown Sugar
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper (optional)
- 1 Tablespoon mustard (optional)
- 1/2 cup tomato ketchup

You also need...

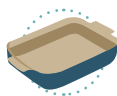
Mixing bowl, can opener, glass or other oven proof baking dish, knife, cutting board, measuring cups, measuring spoons, mixing spoon



Mixing Bowls



Can Opener



Baking Dish



Measuring Cups & Spoons



Knife



Cutting Board

1. Preheat the oven to 350°F.
2. Combine all the ingredients in a bowl and mix well. Pour into ovenproof baking dish.
3. Place uncovered in the oven and bake until the beans are bubbling. Baking time (about 1 1/4 - 1 1/2 hours) will depend on the depth of the beans in the dish.

Serve: These beans are delicious with barbecued ribs or hamburgers. Potato salad, hot bread and a cold drink make the meal complete.

Idea: For a lunch the next day, serve leftover beans on a toasted sandwich bun and top with a slice of onion.

1

PREHEAT
350°F



2



3



MAPLE NUT CARROTS

Prep: 20-25 minutes

EASY

Makes 4 Servings

- 3 medium carrots, peeled and chopped
- 1/3 cup Imperial® Light or Dark Brown Sugar
- 1/4 teaspoon dry mustard
- 4 Tablespoons walnut pieces



You also need...

Medium saucepan, knife, cutting board, measuring cups, measuring spoons, mixing spoon, slotted spoon, wax paper



Sauce Pan



Knife



Cutting Board



Measuring Cups & Spoons

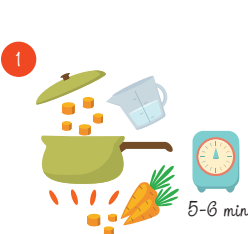


Mixing & Slotted Spoon



Wax Paper

1. Place the carrots in a medium saucepan and add just enough water to cover. Bring to a boil and simmer, covered, for about five to six minutes or until carrots are tender but still crisp.
2. Remove carrots with a slotted spoon, and reduce carrot juice to approximately 1/4 of a cup.
3. Add brown sugar, dry mustard and walnuts to 1/4 cup of juice, and cook for three to four minutes on medium heat, stirring occasionally.
4. Turn off heat and return carrots to the pan stirring until they are well glazed. Remove to wax paper and cool.
5. Serve immediately or pack in containers and refrigerate until ready to eat.



QUICK SUGAR CAKE

Prep: 1 hour | Baking: 20-40 minutes

For Cake:

- 1 cup Imperial® Extra Fine Granulated Sugar
- 6 Tablespoons unsalted butter
- 2 large egg whites
- 1 teaspoon vanilla extract
- 1/2 cup milk
- 1 3/4 cup all-purpose flour, sifted
- 2 teaspoons baking powder
- 1/2 teaspoon salt

For Topping:

- 5 Tablespoons unsalted butter, softened
- 2/3 cup Imperial® Light Brown Sugar
- 1/4 cup half and half or heavy cream
- 1 cup shredded coconut

EASY

Makes 9 Servings



You also need...

Sifter, parchment paper, measuring cups, measuring spoons, 9-inch square baking pan, mixing bowls, spatula, electric mixer

1. Preheat oven to 375°F.
2. Grease bottom of a 9-inch square baking pan. Cut parchment paper to fit inside pan and grease and flour paper. Set aside.
3. Mix together all the ingredients (excluding the topping ingredients) for 1-2 minutes in a bowl. Pour the batter into the prepared pan and place in the oven until the center of the cake bounces back when lightly pressed or when a toothpick inserted into the middle comes out clean.
4. Mix together the topping ingredients in another bowl and spread gently on the surface of the warm baked cake.
5. Place under the broiler on low heat. Broil until the topping is light golden brown and bubbles for about 5-10 minutes. Cut into squares and serve.



CREAM CHEESE CUPCAKES

Prep: 10-15 minutes | Baking: 15-20 minutes



Makes 14-18 Cupcakes

- 2 pkgs (8 oz. each) cream cheese
- 3/4 cup Imperial® Extra Fine Granulated Sugar
- 2 eggs
- 1 teaspoon vanilla extract
- Vanilla wafers (about 14-18)
- 1 can cherry pie filling

You also need...

Mixing bowl, electric mixer, measuring cups, measuring spoons, cupcake liners, cupcake baking pans



Mixing Bowl



Electric Mixer



Measuring Cups & Spoons



Cupcake Liners



Cupcake Pans

1. Preheat the oven to 375°F.
2. In a mixing bowl, beat cream cheese and sugar until creamy.
3. Add eggs and vanilla. Mix well.
4. Place liners in baking pans. Put 1 vanilla wafer in the bottom of each cupcake liner. Put 2 Tablespoons of batter on top of each cookie.
5. Bake in preheated oven for 15-20 minutes or until tops are lightly brown. Let cool.
6. Place 1 Tablespoon of cherry pie filling on top of each cupcake and serve.

Tip: Let the cream cheese and eggs to come to room temperature before mixing to make this step easier.



PINEAPPLE UPSIDE DOWN CAKE

Prep: 20 minutes | Baking: 45-50 minutes

Makes 8 Servings



- 1/4 cup unsalted butter
- 1/2 cup Imperial® Light Brown Sugar or 2 pouches Redi-Measure® Light Brown Sugar
- 1 can (20 ounces) sliced pineapple in juice, drained
- 1 1/3 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 5 Tablespoons unsalted butter, very soft
- 1 cup Imperial® Extra Fine Granulated Sugar
- 3/4 cup milk
- 1 large egg
- 1/2 pint berries for decoration
- Imperial® Confectioners Powered Sugar



You also need...

Sifter, mixing bowls, measuring cups, measuring spoons, mixer or beater, spatula, baking pan, plate



Sifter



Mixing Bowl



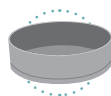
Measuring
Cups & Spoons



Electric Mixer



Spatula



Baking Pan



Plate

1. Preheat the oven to 350°F.
2. Melt the first listed butter and pour evenly on the bottom of a 9 or 10-inch, non-stick baking pan and sprinkle evenly with the brown sugar.
3. Arrange the pineapple slices in the melted butter.
4. Sift flour and baking powder together in a mixing bowl. Add the salt, butter, sugar, milk and egg and beat until smooth and no lumps remain. Scrape the inside of the bowl with a spatula and then mix for another 30 seconds.
5. Spread the cake batter evenly over the pineapple in the baking pan.
6. Bake cake for 45-50 minutes, or until the center bounces back when gently pressed, or a toothpick comes out clean.
7. Let cake sit 1 minute to cool. Place a serving plate on top of the baking pan and quickly turn the cake upside down and onto the plate. Lift off the baking pan and your cake is ready to serve, either hot or cool.

Idea: Serve this cake with just the pineapple on top, with powdered sugar sprinkled on top, or with berries. Try all three ways and see which one you like best!

MY FIRST COOKIES

Prep: 25-30 minutes | Baking: 9-11 minutes

Makes 24 Cookies

- 2 sticks or 1 cup unsalted butter, softened
- 1 1/2 cups Imperial® Extra Fine Granulated Sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 2 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1/2 teaspoon salt

For frosting:

- 1 box Imperial® Baker's Supreme White or Chocolate Frosting Mix
- 1 stick butter or margarine
- 1/4 cup water

Or top with:

- 3 Tablespoons Imperial® Extra Fine Granulated Sugar
- 2 teaspoons cinnamon

*You also need...*

Measuring cups, measuring spoons, mixing bowls, mixing spoons, electric mixer, cookie sheet, parchment paper



Mixing Bowl



Measuring Cups & Spoons



Electric Mixer



Cookie Sheet



Parchment Paper

1. Preheat the oven to 350°F. Line cookie sheet with parchment paper.
2. In a mixing bowl, mix the butter and sugar until smooth. Add the eggs one at a time; add vanilla extract and mix until light and creamy.
3. In another mixing bowl, sift together the flour, baking soda, cream of tartar and salt. Add to creamed mixture; mixing until just combined. Do not over mix.
4. Roll the dough into 1-inch balls. If the dough is too soft and sticky to work with, place in the refrigerator for 30 minutes to 1 hour.
5. Place dough balls on the prepared cookie sheet. Bake until light golden brown on the edges, about 9-11 minutes.
6. Prepare frosting according to directions while the cookies cool.
7. Decorate and frost cool cookies.

Idea: Top with granulated sugar and cinnamon instead of frosting for a different taste.

ROY-POLIES

Prep: 30-35 minutes | Baking: 10-12 minutes



Makes 40 Cookies

- 2 sticks unsalted butter, soft
- 1 1/2 cups Imperial® Extra Fine Granulated Sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 1/2 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- Imperial® Cinnamon Sugar Shaker

or

- 2 Tablespoons Imperial® Extra Fine Granulated Sugar
- 2 teaspoons cinnamon



You also need...

Mixing bowls, electric mixer, measuring cups, measuring spoons, mixing spoon, baking pans, wax paper



Mixing Bowl



Electric Mixer



Mixing Spoon



Measuring Cups & Spoons



Baking Pan



Parchment Paper

1. Preheat the oven to 350°F.
2. In a mixing bowl, mix the butter until light and fluffy using an electric mixer. Add sugar and beat well. Add the eggs one at a time and scrape bowl in between. Add vanilla extract.
3. Sift together the remaining ingredients in another mixing bowl and add to creamed mixture. Blend until just mixed.
4. The dough is easier to handle when chilled first for about two hours. Blend the ingredients for the cinnamon sugar.
5. Make small balls with the dough and roll them using Imperial® Cinnamon Sugar Shaker or the recipe above for cinnamon sugar. Place the balls on parchment lined or lightly buttered baking pans. Press the balls lightly.
6. Bake for 10-12 minutes or until a light golden brown.

1

PREHEAT
350°F



2



3



4

"CHILL"



10-12
min

5



6

"BAKE"



10-12
min

SWEET DREAM BARS

Prep: 35-40 minutes | Baking: 20 minutes

Makes 16 Bars



- 2 Tablespoons unsalted butter
- 1 cup Imperial® Light Brown Sugar
- 5 Tablespoons all-purpose flour
- 1/8 teaspoon baking soda
- 1 cup chopped pecans
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- Imperial® Confectioners Powdered Sugar



You also need...

Mixing bowls, measuring cups, measuring spoons, mixing spoon, knife, baking pan, electric mixer



Mixing Bowl



Knife



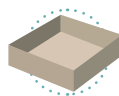
Electric Mixer



Measuring cups & Spoons



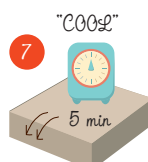
Mixing Spoon



Baking Pan

1. Preheat the oven to 350°F.
2. Melt the butter and pour evenly into an 8-inch x 8-inch x 2-inch baking pan. Set aside in the freezer to firm the butter.
3. Combine the brown sugar, flour, baking soda and chopped pecans in a mixing bowl.
4. In a bowl, beat the eggs and add to the flour mixture. Add the vanilla and salt.
5. Pour the batter over the hardened butter.
6. Place in oven and bake 20 minutes or until the center feels firm when lightly pressed.
7. Let cool for about 5 minutes and turn upside down onto a plate.
8. Cool completely and cut into desired size. Sprinkle with powdered sugar.

1 PREHEAT
350°F



HELLO JELLY MINTS

Prep: 1 hour

- 4 cups Imperial® Confectioners Powdered Sugar
- 1/4 teaspoon peppermint extract
- 1/8 teaspoon salt
- 1/4 cup cold water
- Gumdrops cut into narrow strips



Makes 80-90 Pieces

*You also need...*

Mixing bowl, measuring cups, measuring spoons, knife or kitchen shears



Mixing Bowl



Measuring Spoons



Measuring Cups



Knife

1. Place powered sugar, peppermint extract and salt into a mixing bowl.
2. Gradually add water, stirring until sugar is moistened.
3. Knead (mix thoroughly with hands) until mixture is stiff enough to roll out.
4. Divide candy into small pieces, about 1 and 1/2 Tablespoons for each piece.
5. Flatten candy into rectangle shapes and place gumdrop strips in center. Roll candy around gumdrops. Then slice.

Serve: These are nice for a party or good to munch for snacks.

Idea: When gift wrapped in a box, these make a nice gift.



ALWAYS CREAMY FUDGE

Prep: 15 minutes

- 4 cups Imperial® Extra Fine Granulated Sugar
- 2 cans (14 oz. each) evaporated milk
- 4 oz. unsalted butter
- Pinch salt
- 12 oz. bittersweet or semi-sweet chocolate, in small pieces
- 1 jar marshmallow cream
- 1 cup pecan pieces



Makes 36 Pieces



You also need...

Measuring cups, measuring spoons, large shallow pan or baking dish, aluminum foil, saucepan, mixing spoon, knife



Sauce Pan



Knife



Large Shallow Dish



Measuring Cups & Spoons



Mixing Spoon



Mixing Spoon



Aluminium Foil

1. Tightly fit a sheet of aluminum foil in a 9 x 13 inch pan or baking dish. Butter the sheet evenly and set aside.
2. In a medium saucepan, combine sugar, evaporated milk, butter and salt. Stir constantly and cook to 238°F using a candy thermometer.
3. Remove from heat; add remaining ingredients. Stir until the chocolate melts. Quickly pour into the prepared pan or dish.
4. Place in the refrigerator to cool and set the fudge.
5. Cut after 2 hours.



SUE'S APPLE SAUCE

Prep: 40-50 minutes

- 6 sour apples
- 2/3 cup Imperial® Extra Fine Granulated Sugar
- 8 whole cloves
- 1 cup water

EASY

Makes 4 Servings



You also need...

Paring knife, cutting knife, fork, medium saucepan with lid, measuring cup, colander or strainer, wooden spoon



Paring Knife



Cutting Knife



Fork



Saucepan



Measuring
Cups



Colander



Wooden Spoon

1. Wash and peel apples.
2. Cut apples into quarters and carefully cut out the cores.
3. Place apples, sugar, water and cloves in a saucepan; cover with lid.
4. Cook slowly on low heat for 1/2 hour or until tender. Pierce apples with a fork to test tenderness. The apples should be very soft.
5. Press through colander or strainer and serve.



ICE CREAM YUM YUMS

Prep: 25-30 minutes

- 2 squares unsweetened chocolate, melted
- 1/2 cup orange juice
- 1 cup Imperial® Extra Fine Granulated Sugar
- 1 pint vanilla ice cream
- Gumdrops, other small candies, chopped nuts or tinted coconut



Makes 4 Servings



You also need...

Ice cream scoop, small saucepan, wooden spoon, measuring cups



Ice Cream Scoop



Small Saucepan



Wooden Spoon



Measuring Cups

1. Combine chocolate, orange juice and sugar in a saucepan.
2. Bring to a boil over medium heat and cool.
3. Use an ice cream scoop to make the ice cream into balls. Place one ice cream ball in each serving cup.
4. Pour cooled sauce over ice cream balls.
5. Sprinkle with decorations such as candies, nuts or coconut.

Serve: If desired, put rings of whipped cream around ice cream ball just before serving.

Idea: This is a nice birthday party dessert. Ice cream balls can be made and frozen on cookie sheets. Make chocolate-orange sauce in advance. At serving time, put ice cream balls in serving dishes and decorate.

1



2



3



4



RAGGEDY JANE PUDDING

Prep: 15-20 minutes | Baking: 30-40 minutes

EASY

Makes 9-12 Servings

- 5 slices raisin bread
- 1/2 cup melted butter
- Extra raisins, if desired
- 2 large eggs
- 2 cups milk
- 1/2 teaspoon vanilla extract
- 2/3 cup Imperial® Extra Fine Granulated Sugar

You also need...

Knife, skillet, medium bowl, egg beater, 1-quart baking dish



Knife



Skillet



Medium Bowl



Egg Beater



Baking Dish



1. Preheat the oven to 375°F.
2. Lightly butter a 1-quart baking dish.
3. Cut raisin bread in narrow strips, about 1 inch wide, and dip them in melted butter. Place and stack bread strips in baking dish and sprinkle with extra raisins.
4. Place all other ingredients in a bowl and whisk together. Pour over bread.
5. Bake for 30 minutes or until top is browned and puffed.

Serve: Delicious warm with whipped cream and also good just plain or even served cold.

Idea: If you have leftover fruit cocktail in the refrigerator, drain it and put fruit in dish with raisin bread before adding milk-egg mixture.

1

PREHEAT
375°F



2



3



4



5



BACK PACKER FRUIT TREATS

Prep: 25-30 minutes | Baking: 2 1/2-3 hours

EASY

Makes 4 Servings

- 2 medium apples, cored and chopped
- 1 cup fresh cranberries
- 2 Tablespoons water
- 2/3 cup Imperial® Light Brown Sugar

You also need...

Saucepan with lid, chopping knife, paring knife, mixing spoon, measuring cups, measuring spoons, blender or food processor, cookie sheets, spatula, wire cooling rack, wax paper



Sauce Pan



Chopping Knife



Blender



Cookie Sheet



Spatula



Wire Cooling Rack



Wax Paper

1. Preheat the oven to 150°F.
2. Wash, core and chop the apples.
3. Place the chopped apples, cranberries and water in a sauce pan. Cook the apples, cranberries and water in a covered saucepan over medium heat until apples are softened (about 5-10 minutes).
4. Stir in sugar and continue cooking an additional 1-2 minutes.
5. Let cool.
6. Pour mixture into a in a blender or food processor and process until smooth. Spread in 4 circles, 1/8 inch thick on 2 greased cookie sheets.
7. Dry in oven at 150°F degrees for 2 1/2 to 3 hours.
8. Lift edges with spatula and cool overnight on a cooling rack. Store rolled between sheets of waxed paper.



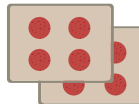
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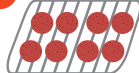
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WALDORF SALAD

Prep: 15-20 minutes



Makes 4-6 Servings

- 2 cups chopped apples (about 2-4 large apples)
- 1/2 lemon
- 1 cup celery
- 1/2 cup broken/chopped pecans
- 1/4 teaspoon salt
- 2 Tablespoons Imperial® Extra Fine Granulated Sugar
- 1/2 cup whipping cream
- 1/2 cup mayonnaise



You also need...

Paring knife, chopping knife, measuring cups, measuring spoons, salad bowl, cutting board, small bowl



Paring Knife



Chopping Knife



Measuring Cups



Measuring Spoons



Salad Bowl



Cutting Board



Small Bowl

1. Wash apples, lettuce, celery and lemon.
2. Cut apples into cubes; enough to make 2 cups. Place in salad bowl. Cut lemon in half and squeeze juice of one half a lemon over the apples.
3. Wash and scrape celery. Chop in small pieces; enough to make 1 cup. Add to apples.
4. Add pecans, sugar and salt to apples and celery.
5. In a small bowl, mix the whipping cream with the mayonnaise. Add to salad and mix gently.
6. Chill. Serve on crisp lettuce leaves.



GOOD IDEAS FOR HEALTHY LIVING: MYPYRAMID FOR KIDS

MyPyramid for Kids has a message for you:

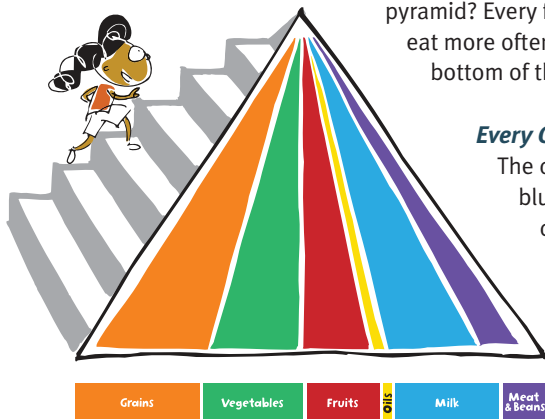
Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Choose Healthier Foods From Each Group



Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a web site that will give everyone in your family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



U.S. Department of Agriculture
Food and Nutrition Service
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FNS-388



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FIRST ESSENTIAL OF COOKING SUCCESS - QUALITY INGREDIENTS!

Good cooks always use quality ingredients. That is the first rule for success. Regardless of how carefully you follow instructions, you cannot obtain good results unless the ingredients are good.


Select your ingredients by brand. In sugar, uniformity is especially important to accurate measurement. Unless the sugar grain is uniform in size, a cupful today may not contain the same amount of sugar as a cupful tomorrow.

Absolute uniformity of grain is one of the reasons why most Southern homemakers use Imperial Sugar® Pure Cane Sugar. When you use Imperial Sugar® Sugar, level measurements always represent exactly the same amount of sugar and your recipe success will be consistent.

To be sure of getting 100% pure cane sugar of finest quality, be sure it's Imperial Sugar®. Look for the "Pure Cane" on every bag and carton.



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