

1st Cookbook not for beginners

"My First Cookbook" by Mae Hoover, A&H Publications, 1988, \$8.95.)

"My First Cookbook" is not what the title implies. It's not a beginning cookbook for young children but a thin, spiral-bound book written by a mother for her children when they left the nest.

Southfield mom Mae Hoover sat down one day and began to write a cooking advice book with all the family-favorite recipes. "One can survive without a microwave, a toaster and an electric skillet," Hoover suggests, then adds, "If possible you should also have the following basic appliances: cake mixer, blender, can opener, crock pot, coffee maker."

Assuming the reader has no experience in preparing foods, the opening pages list the essentials for stocking a kitchen, planning meals and buying groceries.

The remaining 70 pages are a collection of simple-to-prepare recipes for chili, pizza, Mexican Spam, French toast, lasagna, chicken enchiladas and more. She has included all the foods kids like to eat. Eft what about the foods they should eat?

Sorry to say, most of the recipes



cook's books
Geri Rinschler

neglect to inform the reader of specific amounts in the listed ingredients, or how many servings each recipe makes. To say, "Use 1 package of chopped broccoli or 1 box of confecture's sugar" is usually no specific enough.

For dessert, there's Momma's Pecan Pie, Blond Brownies and Mom's Mississippi Mud Cake. The final Chapter, "Oopst Company," guides the inexperienced cook with a few suggestions for portion or serving amounts, along with some good motherly advice.

"People will enjoy being with you, if you are relaxed and comfortable with your role as host or hostess," Hoover concludes, and, "of course, people enjoy good food, but they prefer good company."

"My First Cookbook" is available at select bookstores including Borders and the Country Junction in

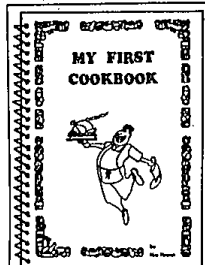
Southfield's Tel-Twelve Mail.

MOM'S MISSISSIPPI MUD CAKE
by Jennie Hoover

4 eggs
2 sticks butter
1/2 cup cocoa
1 cup coconut
1 cup pecans or walnuts, chopped
1 jar marshmallow cream
2 cups sugar
1 1/2 cups flour
1 teaspoon vanilla

Beat eggs and sugar until thick. Combine melted butter, flour, cocoa, vanilla, coconut and nuts. Mix well. Add to eggs and sugar.

Four into greased 9-by-13-inch pan. Bake 30 minutes at 350 degrees. When you remove it from the oven, immediately spread with one jar of marshmallow cream. Let set awhile. While still hot put on frosting.



icing
1 stick butter
1/2 cup cocoa
1 teaspoon vanilla
6 tablespoons milk
1 box powdered sugar
nuts - optional

Melt butter. Remove from heat and add all other ingredients, except nuts. Spread gently over marshmallow cream. Top with nuts.

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Dress up potatoes with lemon, cheese

AP — Dress up mashed potatoes with lemon and cheese for a microwave-very side dish that tastes great with any meat. Because the potato mixture is very dense, we cooked it in a ring mold for quick, even cooking.

er to beat egg white to stiff peaks. Fold egg white into potato mixture. Spoon into a 6-oz ring mold. Cook, uncovered, on 50 percent power (medium) for 10-12 minutes or until mixture is just set, turning dish 4 times.

Toss together bread crumbs, cheese and margarine. Sprinkle on

top of potato mixture. Cook, uncovered, on high for 30 seconds to 1 minute or until the cheese is melted. Stand 5 minutes. Makes 6 to 8 servings.

Nutrition information per serving:
262 cal., 6 g pro., 23 g carb., 17 g fat, 70 mg chol., 326 mg sodium. U.S. RDA: 24 percent vit. C, 14 percent phosphorus.

LEMON POTATO BAKE
4 medium potatoes, peeled and quartered
1 cup hot tap water
1/4 cup milk
1/2 cup mayonnaise or salad dressing
1 egg yolk
1/2 teaspoon finely shredded lemon peel
1 teaspoon lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper
1 egg white
1/4 cup fine dry bread crumbs
1/4 cup shredded American cheese
2 tablespoons margarine or butter, melted

In a 1 1/2-quart casserole, cook potatoes in water, covered, on 100 percent power (high) for 12-15 minutes or until very tender, stirring once. Drain. Mash potatoes with a potato masher or an electric mixer on low speed. Add milk, mayonnaise, egg yolk, lemon peel, lemon juice, salt and pepper; beat until smooth.

In a small bowl use a rotary beat-

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