

## Funky Foods of the 1970s

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### Wacky Cake or Crazy Cake

1 1/2 cups sifted all-purpose flour  
1 cup granulated sugar  
2 tablespoons unsweetened cocoa powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
6 tablespoons vegetable oil  
1 tablespoon vinegar  
1 teaspoon vanilla extract  
1 cup cold water

#### Frosting

3 tablespoons butter or margarine  
1 cup sifted confectioners' (10X) sugar  
3 tablespoons unsweetened cocoa powder  
1/2 teaspoon salt  
1 teaspoon vanilla extract.

Cake: preheat oven to 350 degrees F. Sift flour, sugar, cocoa, soda, and salt together into ungreased 8X8X2-inch baking pan. Make three wells in mixture with spoon: one large, one medium, and one small. Into large well pour oil; into medium well, vinegar; into small well, vanilla. Pour water over all and stir with fork until smooth; do not beat. Bake 30 to 35 minutes, until springy to touch. Frosting: Melt butter in saucepan, add 10X sugar, cocoa, salt and vanilla and beat until smooth. If too stiff to spread, thin with few drops hot water. As soon as cake tests done, transfer to wire rack and spread at once with frosting. Cool cake before cutting. ---Woman's Day Old-Fashioned Desserts [1978], as reprinted in The American Century Cookbook: The Most Popular Recipes of the 20th Century, Jean Anderson [Clarkson Potter:New York] 1997 (p. 467)

### Sweet Potatoes with Banana

1 can (1 pound 7 oz) vacuum-pack sweet potatoes  
1 large banana  
1/2 cup brown sugar (packed)  
2 tablespoons soft butter  
2 tablespoons reserved pineapple syrup or corn syrup  
1/8 tsp. salt

Shape aluminum foil into a broiler pan, 10x7x1 1/2 inches. Drain sweet potatoes, arrange in foil pan. If potatoes are large, cut in half. Diagonally slice banana into pan. Mix brown sugar, butter, pineapple syrup and salt, spoon over sweet potatoes and banana. Set oven control at broil and/or 550F. Place foil pan on broiler rack, broil 3 inches from heat 5 to 8 minutes or until potatoes are hot.

### Crab Meat Casserole

6 tablespoons butter  
1/4 cup all-purpose flour  
2 cups milk  
1 7 1/2 oz. can crab meat, drained, flaked and cartilage removed (oh boy)

2 hard-cooked eggs, chopped  
1/2 cup chopped pimiento  
1/2 cup fine dry bread crumbs  
1/4 cup silvered almonds

In skillet, melt 4 tablespoons of the butter, blend in flour. Add milk all at once; cook and stir till thickened and bubbly. Stir in crab meat, chopped eggs, pimiento, 1 tsp. salt, and 1/8 tsp. pepper. Spoon mixture into 6 individual casseroles or baking shells. Melt remaining 2 tablespoons butter; toss with bread crumbs to combine. Sprinkle crumbs atop crab mixture. Top with slivered almonds. Bake, uncovered, at 350F for 20 to 25 minutes. Makes 6 servings.

### **Sweet and Sour Meat Balls**

1 (8 oz.) jar grape jelly  
1 bottle chili sauce  
1/2 c. water  
2 Tbsp. lemon juice  
2 lb. ground beef  
1 egg  
1/2 c. corn flake crumbs  
Pinch of salt  
1/8 tsp. pepper

Combine jelly, chili sauce, water and lemon juice. Simmer for about 1/2 hour. Combine meat, egg, salt, pepper, corn flake crumbs. Shape into small balls. Add to sauce and cook 45 minutes to 1 hour.

### **Seven-Layer Blueberry Delight**

This recipe reminds me of the mushy cookie pudding my family loves. It is another recipe from the "World of Desserts and Delicacies From Solo," 1976. The caption on this one is "A rich, luscious dessert, not meant for the diet-minded!"

2 cups crushed vanilla wafers  
1/2 cup butter, softened  
1 1/2 cups confectioners sugar  
2 eggs  
1 (12-oz.) can Solo Blueberry Filling  
1 (3 1/2-oz) package vanilla instant pudding  
2 cups milk  
1/2 cup finely chopped nuts

1 cup heavy cream or 2 cups whipped topping

Sprinkle wafer crumbs on bottom of 9-inch square pan, reserving 1/4 cup for topping. Beat butter, confectioners' sugar, and eggs together with an electric mixer until smooth and well blended. Pour over crumbs in pan. Spread blueberry filling over creamed mixture. Prepare instant pudding according to package directions, using 2 cups milk. Pour over blueberry filling. Add layer of chopped nuts. Whip cream until stiff and spread on top of nuts. Sprinkle with reserved wafer crumbs. Refrigerate 8 hours before serving.

### **Watergate Salad**

1 (15 1/2 ounce) can crushed pineapple  
1 (3 ounce) package pistachio pudding mix  
1 (9 ounce) carton Cool Whip

1/2 cup chopped nuts (preferably pecans)

3 bananas, diced

1 cup miniature marshmallows

1/2 cup maraschino cherries, cut in small pieces

Put pineapple with juice in a bowl. Stir in pudding mix. Mix well. Stir in remaining ingredients. Chill until ready to serve, at least 1 hour.

### **Watergate Cake With Coverup Icing**

<https://answers.yahoo.com/> (under Food & Drink/Recipes) for both Watergate recipes

1 pkg white cake mix

3/4 cup vegetable oil

3 large eggs

1 cup 7-up or club soda

1 1 (3 oz) pistachio instant pudding

1 cup chopped nuts (pecans are the best)

1/2 cup coconut

COVER-UP ICING:

6 oz whipped topping mix (dry) (2 envelopes)

1 1/4 cups milk

1/4 cup pineapple juice

1 (3 oz) package pistachio instant pudding

1/2 cup coconut

3/4 cup chopped nuts (use pecans if that is what you used in the cake. match the nuts)

crushed pineapple, drained, reserve juice

maraschino cherries

Combine the ingredients in the order given, blending well after each addition. Pour into a 13x9-inch pan and bake in a preheated 350 degree F. oven for 35 to 45 minutes, or until the cake tests done.

ICING:

Combine the topping mix, milk and pudding. Beat until thick. Spread on the cake (the icing will be a light green color). Sprinkle with the coconut and chopped nuts and top with pineapple and cherries.

### **Green Goddess Dressing Recipe** (Simplyrecipes.com)

Vary the proportions of the herbs to suit your taste. If you want, add some ripe avocado to the mix.

2 teaspoons anchovy paste or 2-4 canned anchovies

1 small garlic clove, minced

3/4 cup mayonnaise

3/4 cup sour cream

1/2 cup chopped parsley

1/4 cup chopped tarragon

3 Tbsp chopped chives

2 Tbsp lemon juice

Salt and black pepper to taste

Put all of the ingredients in the bowl of a blender or food processor and blend or pulse until you get an evenly smooth dressing, about 30-45 seconds. Serve as a dip, or toss with salad greens for a dressing.

The dressing should last about a week in the fridge. Read more:

[http://www.simplyrecipes.com/recipes/green\\_goddess\\_dressing/#ixzz3dG4rJ9Qd](http://www.simplyrecipes.com/recipes/green_goddess_dressing/#ixzz3dG4rJ9Qd)

### **Dessert Crepes**

1 cup all-purpose flour

1 1/2 cups milk

2 eggs

2 tablespoons sugar

1 tablespoon cooking oil

1/8 teaspoon salt

Combine all these. Heat a lightly greased 6-inch skillet. Remove from heat. Spoon in 2 tablespoons batter; lift and tilt skillet to spread batter. Return to heat; brown on one side. Invert pan over paper toweling; remove crepe. Repeat to make 16 – 18 crepes.

Quarter 3 medium bananas lengthwise. Coat banana pieces with 1 teaspoon lemon juice. Using crepes, place a banana quarter on unbrowned side of crepe. Roll up as for jelly roll. Place seam side down in 13x9x2 baking pan. Bake, covered, at 375 degrees for 15 minutes.

In saucepan combine 3/4 cup milk, 1/2 cup semisweet chocolate pieces, and 1/4 cup peanut butter. Cook, stirring constantly, till chocolate melts and sauce is smooth. Spoon over each serving of crepes.

### **Gelatin Poke Cake [www.recipelink.com](http://www.recipelink.com)**

1 pkg. (4-serving size) JELL-O BRAND Gelatin Dessert, any flavor  
1/2 cup cold water  
1 cup boiling water  
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed  
1 pkg. (2-layer size) white cake mix or cake with pudding in the mix  
HEAT oven to 350°F. PREPARE and bake cake in 13x9-inch pan as directed on package. Remove from oven. Cool cake in pan 15 minutes. Pierce cake with large fork at 1/2-inch intervals. MEANWHILE, stir boiling water into gelatin in small bowl at least 2 minutes until completely dissolved. Stir in cold water; carefully pour over cake. Refrigerate 3 hours. FROST with whipped topping. Refrigerate at least 1 hour or until ready to serve. Decorate as desired. Store leftover cake in the refrigerator. Click here to view: [http://www.recipelink.com/msgbrd/board\\_0/1997/JUL/5842.html](http://www.recipelink.com/msgbrd/board_0/1997/JUL/5842.html)

### **Carrot Cake [www.food.com/recipe](http://www.food.com/recipe) (1940s best carrot cake recipe)**

2 cups white sugar

1 1/4 cups vegetable oil

4 large eggs

2 cups all-purpose flour

2 teaspoons baking soda

1 tablespoon cinnamon

1 teaspoon salt

3 cups carrots, grated

1 cup walnuts, chopped (pecans can be substituted)

**FROSTING**

12 ounces confectioners' sugar

6 ounces cream cheese, at room temperature

1 teaspoon vanilla extract

2 tablespoons butter

2 tablespoons milk

Preheat oven to 350 degrees. In large bowl, beat sugar and oil. Add eggs and beat well. Sift together flour, soda, cinnamon, and salt into egg mixture; mix well; fold in carrots and nuts. Place batter in greased 9x13 pan; bake for 45 minutes. FROSTING: Beat together powdered sugar, cream cheese, vanilla, butter and milk; spread on cooled carrot cake.